THE CRAZY WISDOM COMMUNITY JOURNAL 2003

JANUARY THROUGH APRIL 2003 (#23)
(Cover) Recording Artist and Intuitive Healer Norma Gentile
Tai Chi Master Wasentha Young
Nurse and Healing Touch Worker
Karla Zarley, and Rita Benn of the Complementary and Alternative Medicine Research Center

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2004 (#24)
(Cover) Crazy Wisdom Interviews Gurudev Chitrabhanu, the Worldwide Leader of the Jains, and Chetana Catherine Florida (1941-2003) of the Lighthouse Center

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SETPEMBER THROUGH DECEMBER 2004 (#25)
(Cover) The Crazy Wisdom Bookstore Salon - Fall 2003 -
Upcoming Speakers include: (Clockwise from upper left) Aura Glaser, Brian O'Donnell, Barbara Brodsky, Max Heirich, Elizabeth Alberda playing pan pipes), Dorothy Coyne, Bronwen Gates, and Michael Andes.
Salon Facilitator Lucinda Kurtz is pictured in the middle.

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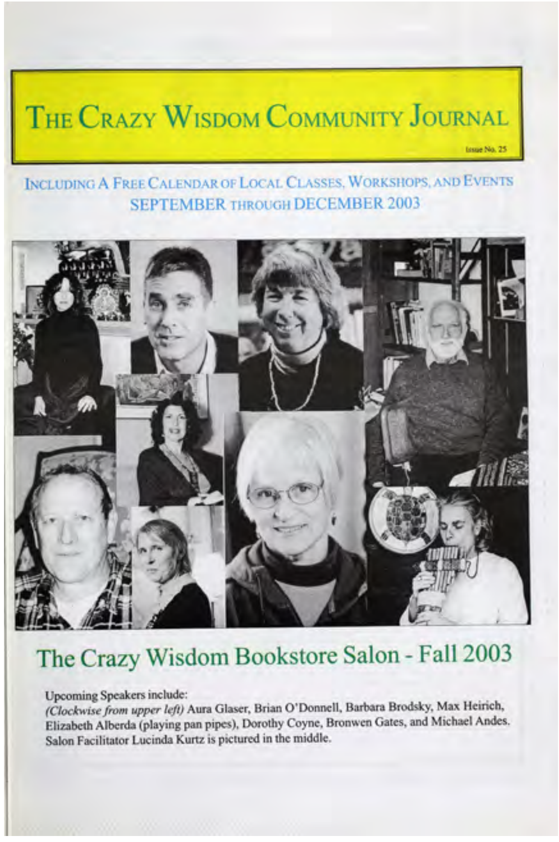

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THURSDAY EVENING INTRODUCTION AND MEDITATION FOR THE GENERAL PUBLIC

February 13th and April 10th
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FRIDAY EVENING SPIRITUAL SEMINARS

January 17th: ***"You're Not Who You Think You Are"***
March 14th: ***"Looking for Love in All the Wrong Places"***
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Join us each third Thursday night of the week from January through March and the fourth Thursday in April at 7:30 PM at the Crazy Wisdom Tea Room as our guest speakers pique our curiosity and initiate discussion.

Facilitated by Lucinda R. Kurtz, MA
Hands of Light Energy Healer

Miracles in Healing

Thursday, January 16

Sara L. Warber, MD, Family Physician
Co-Director, Complementary and Alternative Medical Research Center, University of Michigan
Coco Newton, MPH, RD, and Rodger Newton, PhD,
President and CEO, Esperian Therapeutics, Inc.
James A. Arond-Thomas, MD
Behavioral Medicine and Behavioral Oncology

Miracles in Holy Scripture that Inspire Hope for World Peace

Thursday, February 20

Rabbi Elliot Ginsburg, PhD, Assoc.Professor of Jewish Thought and Mysticism, University of Michigan, Rabbi, Pardes Hannah Havurah
Reverend Linda L. Dominik, MA, Member, Ministerial Team, Unity of Ann Arbor
Harry Bissell, Imam, Tawheed Center, Farmington Hills

A Course in Miracles

Thursday, March 20

Lucie Nisson, MSW, Psycho-Spiritual Consultant
David Bell, Minister, Interfaith Center for Spiritual Growth

Your Personal Experience with Miracles

Thursday, April 24 (4th Thursday)

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January 15, 2003, 7:30 p.m.
February 12, 2003, 7:30 p.m.
March 12, 2003, 7:30 p.m.

PONTIAC TRAIL CAMPUS (912)
INTRODUCTORY EVENINGS
January 21, 2003, 7:30 p.m.
February 18, 2003, 7:30 p.m.
March 18, 2003, 7:30 p.m.

OPEN HOUSE
Sunday, January 26, 2003, 2-4 p.m.

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***Dr. Wayne W Dyer**, lecturer; spiritual teacher*

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In This Issue ~

Building the Bridge Between
Conventional Medicine and Holistic Healing:
A Look at What's New at the Complementary and Alternative Medicine Research Center at U-M
By Lucinda R. Kurtz .... Page 8

Hildegard and Healing Chants
By Norma Gentile .... Page 11

Book Reviews
By Katheryn LaMere .... Page 12

Meditation and the Nature of Being
By Wasentha Young .... Page 14

The Calendar .... Page 17

Background Info on the Teachers .... Page 35

Calendar Highlights for January-April 2003

1) **Crazy Wisdom's New Monthly Salon in the Tea Room**
The Theme: MIRACLES
January 16, February 20, March 20 and April 24
(See Miracles Section, and Advertisement on Page 3)

2) **Healing Evening of Chant of Hildegard of Bingen with Norma Gentile** – February 6
(See Music and Sound)

3) **24-Hour Peace Vigils**
Jan. 24-25, Feb. 14-15, March 14-15, April 11-12
(See the Peace Section)

4) **Soul-Sculpting 101 through Windrise** – February 15-17
(See Art & Craft)

5) **The Spirit of Music with Layla Ananda through Gateways** – February 22
(See Music and Sound)

6) **Roaring Silence with Ngak'chang Rinpoche**
February 22 - (See Buddhist Teaching)

7) **Dimensions in Light Festival** – March 16
(See Ceremonies Section and Advertisement on page 4)

8) **Seminar on Wonhyo, the Great Korean Zen Master, and embodiment of crazy wisdom tradition**
March 16, 23 and 30 - (See Buddhist Teaching)

9) **Astrology Spring Sunday Sampler**
March 23 (See Astrology Section)

10) **Conscious Living and Conscious Parenting Workshops with Kathlyn and Gay Hendricks**
April 11-15 - (See Advertisement on page 2)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the May thru August 2003 issue is **Wednesday, March 19th** and the **deadline for paid advertising is Wednesday, April 9th.** The issue will be distributed starting April 23rd. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 4810

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Daher. Illustrations by Tammy Monroe and Leslie Eringaard. Photographers: Linda Lawson, Tammy Monroe, Neil Heidrich, and Ruth Schekter. Cover design: Molly Nuzzo. Writers: Lucinda Kurtz and Katheryn LaMere.

The quotes used in the calendar section were found in the book: *Sunbeams,* by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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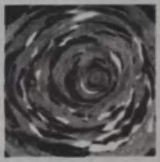

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Building the Bridge Between Conventional Medicine and Holistic Healing

A Look at What's New at the Complementary and Alternative Medicine Research Center at the University of Michigan

By Lucinda R. Kurtz

"Research Your Passion in Complimentary and Alternative Medicine: A Skill-based Course for Community Practitioners," read the advertisement in the Crazy Wisdom Calendar this past summer. I was intrigued by the possibility of bringing the Hands of Light energy healing work I do into a greater acceptance by mainstream medicine. Would this course enable me to bridge the yawning gulf between alternative healing modalities and evidence-based medicine? Would it be possible to create a bridge between two seemingly contradictory world views? Conventional medicine, based largely on the assumption that the real world is composed primarily of physical matter, seems to be at odds with many forms of alternative healing which are based on the assumption that consciousness precedes existence and that healing can be approached through the energy system of the human body. What exactly is the CAM Research Center at the University that was offering this course? These and other questions lead me into a remarkable connection with a number of talented and committed researchers and practitioners devoted to bridging the gap between allopathic and complementary medicine.

> Both Rita Benn and Sara Warber point to the opening of the Integrative Medicine Wellness Center at the Briarwood Family Practice Center in the near future as the next step in bringing alternative healing modalities to the community.

Photo by Ruth Schekter

Rita Benn is the Director of Education for the U-M Complementary and Alternative Medicine Research Center.

It was the vision, determination, hard work, and "guts" of a few dedicated people that helped birth the Complementary and Alternative Medicine Research Center at the University of Michigan. A National Institute of Health funded research grant initially launched the Center in 1998 and helped it to develop an infrastructure to run three funded clinical trials and build broad university support for CAM. An interdisciplinary group of researchers that extends across departments of the Medical School and includes CAM community practitioners came together under the competent and visionary leadership of family physician Sara L. Warber, MD and cardiac surgeon, Steven F. Bolling, MD to quickly become a national and international model for integrative medicine.

The Complementary and Alternative Medicine Research Center is located in 2 renovated houses on East Huron Street, across from the Frieze Building.

The teachers for my course were Rita Benn and Suzie Zick. Rita Benn, PhD, is the Director of Education for the CAM Research Center, and Suzie Zick, ND, MPH, is a naturopathic physician whose research grant on the Effects of Hawthorn in Congestive Heart Failure formed part of the initial grant from NIH. The level of sophistication of their instruction, the quality of the materials they provided, the professionalism of their approach, and the seriousness of their commitment to bring together conventional and complementary practices and practitioners was clearly evident. Also clear was their respect for the ten of us community practitioners in the class who offered a wide range of healing modalities including massage therapy, nutrition, chiropractic, homeopathy, energy healing, naturopathy, craniosacral therapy, and herbal medicine.

Rita Benn is currently leading the CAM Research Center in bold new directions. The CAM Center just last year received a $1.5 million grant from NIH for an ambitious 5-year educational expansion. Its purpose is threefold: to create an integrative undergraduate Medical School CAM curriculum; to develop an interdisciplinary CAM Faculty Scholars Program; and to initiate a Graduate Certificate Program in Holistic Health.

In fulfilling the first component of the expansion, creating an integrative undergraduate Medical School CAM curriculum, Dr. Benn comments, "The goal is to integrate material into the lectures and field visit experiences of students in CAM, not to add additional courses." Consequently, CAM course content is skillfully incorporated over the four-year curriculum starting with a seven and a half hour unit in the first year where students have an opportunity to go to different practitioners in the community, observe their practice, discuss their experiences, and try to understand how conventional medicine and CAM function either alone or in tandem with each other.

Pointing out the importance of this early experience, Rita Benn states," Literature shows that patients don't share with their physicians what they are doing with respect to CAM because they are afraid of what their physician might tell them or they might not feel that they will get approval for that kind of path. It is important that students have experiences early on so they can be exposed to different modalities. Then they have a frame of reference for what their patients may be talking about later and can ask questions in a nonjudgmental way."

Another component of the NIH grant funded expansion is the development of an interdisciplinary CAM Faculty Scholars Program. This is one of the very first programs on campus and nationwide that is training faculty from different disciplines together in a new academic field. Seven faculty from Social Work, Business, Public Health, Medicine, Pharmacy, Psychiatry, and other disciplines are learning one day a month together about the theory and practice and research related to CAM. The Faculty Scholars Program will be offered four different times during the period of the grant and bring together 7-8 faculty at a time. Dr. Benn points out, "The goal for each one of them is to develop an educational component about CAM, designing either a new course or including materials that they can implement into their own courses already."

The CAM Center is creating a cadre of enthusiastic and committed scholars across all segments of the university community to root this new perspective into already established disciplines and course offerings. Center Director Sara Warber is "thrilled by this program which allows us to create permanent change within the institution by building a strong group of creative and talented people knowledgeable about alternative practice and ways of thinking."

The Complementary and Alternative Medicine Research Center just last year received a $1.5 million grant from NIH for an ambitious 5-year educational expansion. Its purpose is threefold: to create an integrative undergraduate Medical School Complementary and Alternative Medicine curriculum; to develop an interdisciplinary Complementary and Alternative Medicine Faculty Scholars Program; and to initiate a Graduate Certificate Program in Holistic Health.

This faculty training is the precursor to the final element of the expansion, the development of an interdisciplinary Graduate Certificate Program in Holistic Health and Healing that provides an opportunity for students in any discipline to learn more about CAM. This program is intended to complement graduate students' courses of study within their field of specialization. In addition to basic courses within their own discipline, students will be required to take a set of common core courses that will provide them with a solid foundation for integrating CAM and conventional medicine and undertaking clinical practice or research from a holistic health perspective.

Anyone involved in university life can imagine the complexity of an undertaking that endeavors to integrate faculty and students from all segments of the campus, ground them in an emerging academic field, develop core course content, identify and assess graduate school requirements, cross-list courses, and initiate a new interdisciplinary program. This integration requires meticulous planning, keen organizational understanding, political savvy, intuition, and interpersonal sensitivity. Rita Benn, Sara Warber, and their cohorts at the CAM Center embody and wisely use these skills in implementing their far-reaching vision.

Photo by Linda Lawson

Dr. Sara Warber is the Co-Director of the Complementary and Alternative Medicine Research Center.

There are very few universities anywhere in the country that are offering this type of interdisciplinary Graduate Program in Holistic Health and Healing. Without question, the University of Michigan is in the lead in its capacity to envision and implement such a program. Though there are 15 universities that have received this NIH grant to integrate CAM into the curriculum, every one of the universities is approaching this task from a different perspective. And few are attempting such a wide-ranging integration.

There are very few universities anywhere in the country that are offering this type of interdisciplinary Graduate Program in Holistic Health and Healing. Without question, the University of Michigan is in the lead in its capacity to envision and implement such a program.

There is only one other university in the 15 that have received the grant where the research and education components are combined. Dr. Warber points out, "The inclusion of three research grants in the original NIH grant which initiated the CAM Center gave the program credibility within a conservative academic institution that allowed it to make a successful transformation from a nascent educational program. We were able to capitalize on the groundwork we had laid. We knew what we needed and could be visionary."

Both Rita Benn and Sara Warber point to the opening of the Integrative Medicine Wellness Center at the Briarwood Family Practice Center in the near future as the next step in bringing alternative healing modalities to the community. Dr. Warber will be one of the two family physicians working at the Clinic one half day each week. She sees this as a big step toward creating an atmosphere of respect for what is useful to each individual patient that might be beyond the normal practice of his/her own physician. Evidence can be gathered to provide documentation on alternative modalities that consistently assist the patient in his/her healing process

Rita Benn seems particularly proud of the Mind-Body Skills Course offered in the past couple of years to about 50 medical school students and 15 students in other allied health fields.... this 1 credit course introduces students to a different variety of mind-body techniques each week, such as meditation, guided imagery, drawing, movement, and writing.

Several other smaller programs and courses also reflect the sensibility and community orientation of the professionals involved with the CAM Center. Rita Benn seems particularly proud of the Mind-Body Skills Course offered in the past couple of years to about 50 medical school students and 15 students in other allied health fields. Adapted from the Center for Mind-Body Medicine in Washington, DC, this 1 credit course introduces students (or clients in a clinical setting) to a different variety of mind-body techniques each week, such as meditation, guided imagery, drawing, movement, and writing. Students have an opportunity to learn, practice and discuss these techniques that can enhance health and well-being and moderate stress.

Dr. Benn comments, "We've looked at their well-being before and after the course on a standardized measure and found that they significantly increased their sense of well-being. They said they really learned how to listen and to form connections with their fellow students in deeper ways that are so important for their support during medical school. It's a way of teaching students to be empathic, to learn about themselves and become self-aware. It's the beginning of a foundation for relationship-centered skills for physicians and health-care professionals."

Viewing the CAM Center and its offerings from the inside, as a practitioner enrolled in a challenging course of study focused on learning the essential elements of research-ing and grant writing techniques, I am truly exhilarated at the new perspective this undertaking has given me. I am impressed by the combination of scientific rigor and broad collaboration that is needed to bring any small new development into accepted practice through research. I understand the requirements of "evidence based" medicine and how a new practice must be validated in a particular manner to become accepted and integrated into practice.

This "insider's" view also provided me with new language with which to discuss my energy healing practice with two first year medical students coming to learn about this CAM modality in late Fall to satisfy one part of the CAM component of their training. I mused to myself how different this interaction with these medical students was from interactions in former years. I could explain my work in new language, with a new sensibility of the mind-set of these students, based in the theory, evidence, and practice of conventional medicine. Somehow the distance between us didn't seem like the yawning gap I originally perceived.

I am reminded of astronaut Edgar Mitchell's comments when he returned from his historic moon landing, "When I went to the moon, I was as pragmatic a test pilot, engineer and scientist as any of my colleagues. But when I saw the planet Earth floating in the vastness of space . . . the presence of divinity became almost palpable and I knew that life in the universe was not just an accident based on random process. The knowledge came to me directly—noetically. It was knowledge gained through subjective awareness, but it was—and still is—every bit as real as the objective data upon which, say, the navigational program or the communications system were based." This awareness led to his founding of the Institute of Noetic Science to study the potentials and nature of the human mind and to bridge the gap between mainstream science and the frontiers of consciousness research.

My hope is that the medical students who visited me and the other CAM community practitioners as part of their undergraduate medical school curriculum can get a small taste of the "knowledge gained through subjective awareness" that guides our work. This could provide an experiential basis for a larger understanding of reality that encompasses more than just the physical and posits that everything is fundamentally interconnected. The CAM Research Center, in its multi-faceted educational expansion, is leading the way toward this larger integration of underlying assumptions and is doing this with integrity, sophistication, and great success.

Lucinda R. Kurtz is a graduate of the Barbara Brennan School of Healing and is a certified Hands of Light Energy Healer with a private practice in Ann Arbor.

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Hildegard and Healing Chants

by Norma Gentile

"O creation of God, which is human, in great sacredness you were brought forth...so that those angels ministering with God might see God in humanity"
-Hildegard of Bingen (1098-1179)

(Norma Gentile lives in the Ann Arbor area, when she's not traveling throughout the U.S. and Canada creating workshops on sound healing, and performing healing concerts of chant. She is both a recording artist and trained intuitive healer. She is one of the foremost performers of the chants of the medieval abbess Hildegard von Bingen. Her recordings of Hildegard's chants include 'Unfurling Love's Creation" (Lyrichord Discs), "Meditation Chants" (Ave Maria Press), and the newly released live concert recording "Healing Chants".)

Ann Arborite Norma Gentile is one of the nation's foremost performers of the chants of the medieval abbess Hildegard von Bingen

Chant is giving voice to God. Hildegard von Bingen (1098-1179) and many others have stressed the connection that the arts, and in particular, that music offers us to Divinity. By 'retuning' ourselves, we return to spiritual alignment.

The Catholic Church used music, specifically chant, as the basis of worship services until this century. In the tradition of the Benedictine nuns, they sang eight Divine Offices or services each day. These services were supplemented with hours of private prayer and psalm recitation. The function of the Benedictine nuns was to be vessels or channels for the Divine to enter into the earth through their embodiment of spirit.

The chants composed by Hildegard were meant to be used as vehicles of devotion. Hildegard was writing music for the women who surrounded her in the monastery, and with whom she shared daily worship services.

Theses chants were meant to be sung by these women, and whether or not the general public was present did not alter the use of the music. In other words, the chants were not a presentation of music by the nuns for the general public. They were an expression of the communal spirit shared by the women and that same connection to God. In all likelihood the nuns, a dozen or at times two dozen, would have sung the music in a circle, turning their backs to any public present in the service.

> *Anytime we are listening to music we are not only entraining our bodies to that music, but we are also listening to the emotional, mental and physical state of the performer. I believe that music acts as a medium for the transmission of both conscious and unconscious information. That includes experiencing in our own bodies the nervousness, passion, open heartedness, or spiritual union that the musicians feel during the performance or recording process.*

People have always used music as a way of 'healing' or 'retuning' themselves. From the simple practice of entrainment to the more complicated practices of mantra and overtone chant, the effect of sound making on the body is a shared experience.

By the act of entrainment many types of music relieve stress. Since most chant is based on either no meter or a rhythmic flow which is slower than the average resting heart rate we tend to relax when listening to it.

Anytime we are listening to music we are not only entraining our bodies to that music, but we are also listening to the emotional, mental and physical state of the performer. I believe that music acts as a medium for the transmission of both conscious and unconscious information. That includes experiencing in our own bodies the nervousness, passion, open heartedness, or spiritual union that the musicians feel during the performance or recording process.

In making any sound, whether it is spoken or sung, I find that my intent, both conscious and unconscious, rides in my voice. What I am experiencing is offered to the listener on all levels.

It is when we allow ourselves to be in an attitude of gratefulness for anything that we can more fully embrace the gifts that it has brought us. Music moves me to this point. It is my desire that through me Hildegard's chants may move out to touch others as well.

Blessings to all who read this,
-Norma Gentile

Hildegard von Bingen

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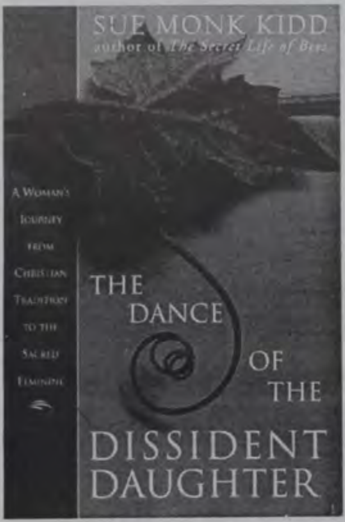
Book Reviews

Reviewed by Katheryn LaMere


SUE MONK KIDD
author of The Secret Life of Bees
A Woman's Journey from Christian Tradition to the Sacred Feminine
THE DANCE OF THE DISSIDENT DAUGHTER

The Dance of the Dissident Daughter.
By Sue Mink Kidd.
238 pp. New York
Harper Collins. $12.95

Goddess. The word once made Sue Monk Kidd, author of the popular novel The Secret Life of Bees, queasy. "It's hard to describe," she writes, "the sort of anxiety the word created in me, as if the word itself were contraband. It seemed to violate a taboo so deep and ingrained. I felt stabs of irrational fear just reading about it, as if any minute witch burners from the sixteenth century might appear and carry me off."

Kidd's latest book, The Dance of the Dissident Daughter, chronicles her transformation into a "Goddess" shouter, a Goddess historian, a Goddess teacher and a Goddess celebrant. She has found in the Goddess the means she had been missing to help her mature from the psychological stance of daughter to that of an adult. With that transformation she has also become more passionate, courageous, joyful, open and directed. She is a woman with a mission.

First, she wants all women to reclaim the Goddess. "Try it, you need it," she is telling her readers. Second, she wants the subsequent personal transformations to revitalize society.

Although Kidd believes that men, too, can live more fulfilling lives by reclaiming the goddess, her passion is to speak to other women. Her husband, a Christian minister, struggles, stumbles and survives through this transformation with her. He, says Kidd, is the one to write the book for the guys.

Kidd attempts to share with other women every step in her transformation. A big order. Besides her own story, Kidd also explains the extensive readings that brought her along in her understanding, from ancient mythology to feminist theology. Even The Dance's introduction has footnotes. It is a strong testimony to Kidd's talent as a writer that the book does nevertheless flow and keep the reader's attention. The footnotes manage to keep the overly mental material out of the way so that the more casual reader can grasp the heart of the issues as well as their background and ramifications.

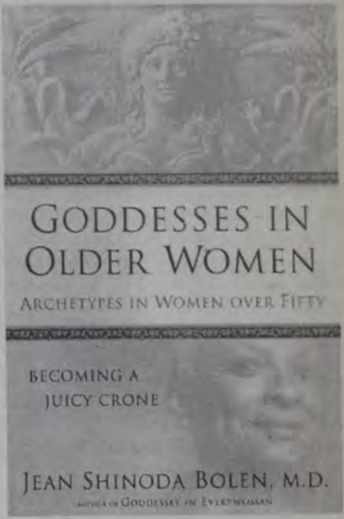
Because of the depth and breadth of the research, though, the personal side of the book is weakened. The narratives come out a bit too pat, too honed to the purpose of illustration. Perhaps, though, that's how Kidd herself views past events, now that her whole life is based on the Goddess theme. There can be no doubt about the intensity and meaningfulness of the author's personal transformation, and The Dance of the Dissident Daughter is a passionate and unusually thoughtful invitation for the reader to join her.

Goddesses in Older Women - Archetypes in Women Over Fifty.
By Jean Shinoda Bolen.
Harper Collins. $13.95

For an easier and more focussed read, try Goddesses in Older Women by Jean Shinoda Bolen. Bolen, a Jungian analyst, was a pioneer in the Goddess movement. In fact, her 1984 book Goddesses in Everywoman, has become basic Goddess reading (and is, of course, referred to in Kidd's book).

For example, Bolen describes Hestia, the ancient Greek Goddess, as representing "a feminine energy that permeates a situation, a place, or a psyche, and transforms it into a sacred space. Hestia's fire has to do with soul and home, with being rather than doing. Her wisdom is the wisdom of being centered."

Bolen's approach is to brush the dust off our knowledge of the ancient goddesses and find the living patterns preserved there, patterns that can enliven women's lives today. (Sorry again, guys. The next book is for you, too; I promise. And you can always check out Joseph Campbell's classic The Hero with a Thousand Faces.)



Goddesses in Older Women is, obviously, aimed at the 50 and over crowd, Bolen's own age group. Her goal is to show her readers "How to be a green and juicy crone." By exploring the Goddesses of Wisdom, Wrath, Mirth, Kindness, Love, and others, Bolen offers special, new potentials for the older woman to claim. In each chapter, Bolen presents one Goddess, Her stories and then the resources She represents. It's a traditional Jungian approach of the reader trying the various Goddesses on for archetypal fit.

For example, Bolen describes Hestia, the ancient Greek Goddess, as representing "a feminine energy that permeates a situation, a place, or a psyche, and transforms it into a sacred space. Hestia's fire has to do with soul and home, with being rather than doing. Her wisdom is the wisdom of being centered." And later, "I think of Hestia as a yearning for a place of one's own and the time to be there. . . Women drawn to meditation as a spiritual practice are heeding the Hestia within themselves."

Bolen makes the point that the later years of life are ripe for a special appreciation of such possibilities. That's a lot more to look forward to than getting your own AARP card. If one doesn't mind overlooking Bolen's typically Jungian penchant for being absolutely certain of her interpretation, Goddesses in Older Women is an accessible, thoughtful and thought-provoking book.

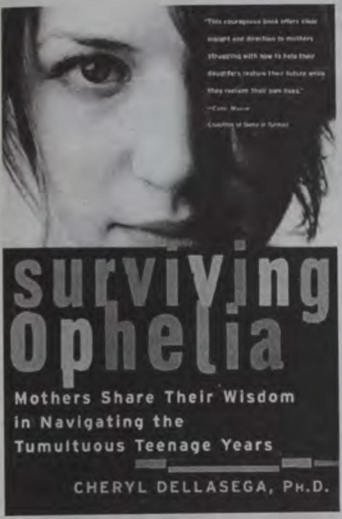
Goddess in a Box
Daily Nourishment for a Woman's Spirit
NANCY BLAIR

Goddess in a Box -
Daily Nourishment for a Woman's Spirit.
By Nancy Blair.
384 pp. plus Goddess statue, incense sticks, and box turns into altar.
Fair Winds. $26.95

A surprisingly charming approach to adding Goddess to your life is Goddess in a Box, which comes complete with a tiny Goddess icon, incense, and a book of daily meditations. The set was created by artist, writer and Goddess devotee, Nancy Blair.

The compact, dense book fits on an open hand. Each page presents a different goddess from a different tradition. Besides the Eskimo Goddess of Thunder, there are the Scandinavian Witch Giantess, the Lebanese Goddess of the Cedar Tree Mountains, the full-bellied Hawaiian Sweet Potato Goddess of Wealth, the Butterfly Maiden of the Hopi, and 300 more. With a pithy, lively presentation of each Goddess, Blair makes it seem that every nook of the planet is shimmering with female divinity.

And, according to Blair, so are we all (yes, men too). This book is meant as a daily invitation to celebrate and embody the Goddess of the day. On day 290 (dates are not given, you just "start where you are"), we read about the Roman Goddess of Wind who "whistles her way into your day with a few spirited breaths of fresh air." The ending meditation is "I am in touch with my natural instincts and inclinations. I begin activating them." How could you go wrong with advice like that?


surviving
ophelia
Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years
CHERYL DELLASEGA, PH.D.

Surviving Ophelia - Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years.
By Cheryl Dellasega.
256 pp. New York Ballantine. $14.95

I'd love to send a gift wrapped Goddess in a Box to each of the hurting and/or healed people I read about in Surviving Ophelia by Cheryl Dellasega. There have been a series of "Ophelia" books, all about the knotted and confused feminine energy of adolescent girls in crisis. Depression, eating disorders, addiction and rebellion are the forms many of these struggles take.

Dellasega's book shares the point of view of the mothers— many, many mothers— who agonize over their daughters' sometimes fatal quagmires of pain. It is a difficult book to read, but the important purpose of Surviving Ophelia is to let the mothers share their stories, most of overwhelming frustration, some of triumph.

The author's own adolescent daughter fell into serious depression and anorexia. Dellasaga found that family and friends were no help to her as she ran out of energy, options and funds in her attempts to help her daughter. "I was nearly paralyzed by shame and guilt," she says. "We were surrounded by therapists, but there was no one who could really help."

I'd love to send a gift wrapped *Goddess in a Box* to each of the hurting and/or healed people I read about in *Surviving Ophelia* by Cheryl Dellasega. There have been a series of "Ophelia" books, all about the knotted and confused feminine energy of adolescent girls in crisis. Depression, eating disorders, addiction and rebellion are the forms many of these struggles take.

Dellasaga's only true solace was to talk to other mothers in her situation, but they were hard to find. No one wears a "I don't know if my daughter will make it" button. Still, she managed to connect "in doctors' waiting rooms, hospital corridors, grocery stores and school functions. As if confessing to a crime, we shared our experiences in hushed voices, instantly understanding. . ."

Surviving Ophelia is an open, honest, out-loud forum for these mother to speak. The subtitle of the book is "Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years." The wisdom, love, pain, perseverance, and strength these women demonstrate in their sharing is surely Goddess-like.

Your Comments, Please

As you may know, *The Crazy Wisdom Calendar* offers a number of ways in which one can be active in the regional holistic community. The more you participate, the stronger the community becomes. In an effort to involve our readership in the process of creating the editorial content of *The Calendar*, we thought it might be interesting to pose a question each issue, and see if we receive comments from our readers which we could publish in the following issue. We hope that your responses will help us all to better understand our selves and the world in which we live.

Our first question is:
People are increasingly identifying themselves as "spiritual, but not religious." What does this statement mean to you and what do you think accounts for this change?

We look forward to reading your comments!
Please send them to:
The Crazy Wisdom Calendar
114 South Main St.
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Or you can email them to us at: information@crazywisdom.net
Please provide your name and phone number, as well.

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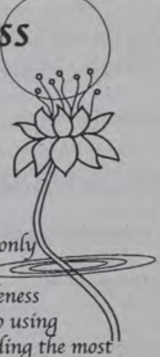

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Cynthia Gormley, MSW, has been a psychotherapist for 18 years and is an ordained Buddhist pracatitioner. She has a private practice in Ann Arbor where she enables personal growth and spiritual discovery by integrating meditative and movement-oriented techniques. Call for individual appointments, 663-3842.

Meditation and the Nature Of Being

Reflections and Poetry by Wasentha Young

(Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She is the director of the Peaceful Dragon School of Tai Chi Chuan and Chi Kung, located in Ann Arbor.)

Since the 1966 I have come into contact with a variety of non-Western approaches to meditation — Buddhist, Taoist, and Hindu. Each approach facilitates learning about my mind, the processes of thinking, awareness, and spirituality. My personal experience of meditation, t'ai chi ch'uan and qigong has guided me to the awareness of how my mind/body/spirit are integrated and how this integration is related to my healing and health.

As I meditate, my breath acts as catalyst for releasing. Letting go is key in my meditations. Within the process of letting go I connect to being present and mindful. The struggle of remaining present is ongoing.

The ritual of creating an atmosphere for my meditation is as important a practice as the meditation itself. I create a place, or look for the place to practice. The accumulative energy of a place, whether created or actual, enhances my experience in meditation. Created, a place like a temple, church, or personal meditation space, provides a state of focus for my meditation. I have also meditated in actual power places, most commonly known as "vortexes" - an earthly place of collected particles of very subtle matter endowed with a rapid rotary motion. In both cases, for me, the sacredness of that place is essential to my meditation.

SITTING MEDITATION

JOURNEY TO THE CENTER

Spiraling in on a flow of conscious breath
deep into the abyss of unconscious clarity
Soaring through the webs of obstructions
of thoughts
of self-reflections
Reared into the vibrant liquidcity (liquid-electricity)
of life's edge
To a resounding peace as comfortable as
the womb
There I sit firmly
nourished and on this EARTH

The meditation space at the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung

Wasentha Young

Photo by Linda Lawson

Each time I sit and meditate is different. For that matter, each moment within each sitting is a metamorphosis into the next moment. From my first breath in meditation, a peeling or unveiling takes place, exposing yet another inner layer. As each layer of mental thought, mental images, body sensations reveals and dissolves, I get closer to becoming mindful of my being. Mindfulness is the meditative goal of my meditation practices. I use to believe that the mind existed and resided in my head, in that place called the brain. My brain was the "mastermind." In a sense this may be true, however my experience of meditation has taught me that it was a very narrow perspective of this thing called the mind. Thought, imagery, emotions, feelings, and the body - all are a part of my mind. The entire body and everything that goes with being a conscious, living organism - I now sense is the mind.

There are times when I achieve a mindful moment during meditation and other times when my mindfulness is overwhelmed by a particular thought pattern, a body sensation, and/or an emotion. At those times I pay careful attention to what is occupying my awareness. I recognize them as messages and value their guidance. If it is as simple as something that I need to remember to do or an emotion from long ago that has been triggered by a recent event, rather than perceiving it as a distraction that needs to be pushed away, I pay attention. If it is something that I need to remember to do, I keep a pen and paper at hand and write it down, assuring myself that I will not forget and then give up that occupied space to another mindful question or experience. If it is an emotion, I may follow it to its source and other times I just let it go – let it go – let it go.

As I meditate, my breath acts as catalyst for releasing. Letting go is key in my meditations. Within the process of letting go I connect to being present and mindful. The struggle of remaining present is ongoing. For me the trick is not to become consumed by my thoughts, but to bring all thoughts to the present. As the present moment dissolves, so too is the letting go of whatever may be occupying my experience of the present moment; so too is my ability to process and let go into the experience of living.

STANDING MEDITATION

I STAND AND CONTEMPLATE
When I look up at the universe (yang)
if it be a clear night (yin)
I see it sparkle with brilliant stars and planets.
There is a sense of peace, calm,
a sort of stillness and emptiness.
In the light of day (yang),
there is such action and movement.
A sense of fullness.

Both night (yin) and day (yang),
empty (yin) and full (yang)
action (yang) and non-action (yin)
Interact and exist simultaneously (T'ai Chi).

And from where did all this come?
There is a sense of a vibration in nothingness (Wu Chi).
Such meditations and question about nature
and the nature of life
Are propounded by the sages of antiquity and today.

As humankind evolved and began to stand, I sense that the characteristics of the pre-existing energy sources became more recognizable — how to harmonize human life with what is natural became an art form. The natural movement of the earth's energy pathways - rivers, streams, and oceans - the places where waters flow, along with the influence of the universe, created noticeable patterns of energy - wind, rain, fog, clouds and sunshine; and the land mass of the earth offered orientation for directions or what can be called "earth meridians" (i.e.: north, east, south and west), as well as distance measurements and time (i.e.: sunrise, noon, sunset). All of these characteristics became recognizable as corresponding patterns. This once sacred knowledge and the understanding that what is outside reflects inside, and what is inside reflects what is outside, as a reflection of healing and health, was passed on, for the millennia which followed.

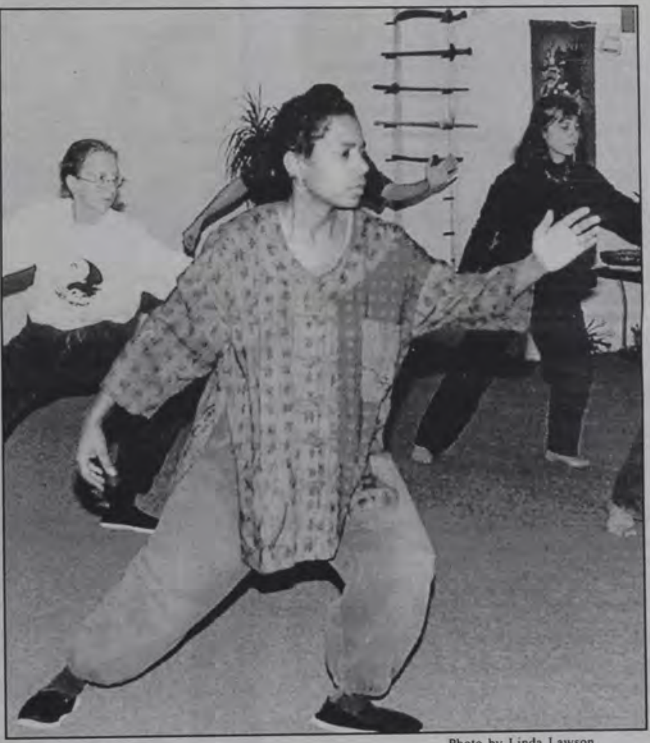


Photo by Linda Lawson

Pantheism, Taoism, and Buddhism as philosophies share the view that "all is one". The Law of Physics states that the smallest component of an object is the same as the object in its entirety. The doctrine of Yin and Yang states that every living thing has a micro and a macro component. In relation to the earth and in relation to the universe the human body is a microcosm of the earth and is also a microcosm of the universe. Whenever I practice standing meditation, I find myself reflecting on my connection to the earth and the universe and the relative likeness I share with all of life. As in "wu chi," a vibration in nothing, I start my standing meditation, with my feet relaxed and my body conscious of being connected to this planet, on the edge of movement and stillness. I imagine (sometimes feel) the universe gently caressing me on the outside from my head to toe, simultaneously my feet, like roots, draw up vital energy or nourishment into my body, washing each joint on the way up and out my head top. Other times I stand and watch the sunset, the trees play in the breeze, the birds and insects fly, the rocks, the land bound creatures and feel my connection and relationship to them all.

My senses are also heightened while I am in standing meditation. If I am standing in nature, the wind whispering in the trees, sweet and pungent smells, songs of birds and insects, my eyes catch the movement of life's dance surrounding me. These moments offer me moments of healing to my soul.

My senses are also heightened while I am in standing meditation. If I am standing in nature, the wind whispering in the trees, sweet and pungent smells, songs of birds and insects, my eyes catch the movement of life's dance surrounding me. These moments offer me moments of healing to my soul. At times, while I stand connected with nature in this way, I am filled with exuberance and realize the connective energy exchange in the matrix of life.

Even if I am practicing standing meditation indoors, I am acutely aware of my body in space. While meditating in a standing position, my body getting tired is one of the loudest voices I hear, and I work with dissolving that voice into a whisper. There are times when I stand in a double weighted posture and other times when I assume a single-weighted stance accompanied with arm and hand postures. I let go into the postures and if I get too tired I sit for a while or change legs.

> Outside of my meditation practices, whenever I find myself not breathing, slumping, getting tense physically and mentally, not sensing my being, or falling off balance - something whispers in my conscious ear, and automatically I am reminded to make adjustments. I have the biological and psychological memory from my meditation practices, to find the source of my discomfort and begin to shape-shift.

The same process of sitting mindfulness is laced within my standing meditation. Contrary to my awareness while sitting, when I am standing I can feel my thighs tighten, my body sway, and tensions moving around in my body. I reflect on the fluidity of my entire being associatively relative to the life force of balance and change. Reflecting on this dynamic relationship brings into my awareness that change and balance is the harmonic relationship in the health of my mind/body/spirit.

HORIZONTAL MEDITATION.

At night, if I can't sleep, I use a type of lying meditation to calm my mind, relax my body, and possibly go back to sleep. I start at the top of my head and scan my body down towards my toes consciously releasing tension. My preferred time to practice relaxation lying meditation is just before I go to sleep at night. I have found horizontal meditation is also a good choice when I am interested in lucid dreaming or experiencing my sensual connection with energy. I also practice an energy cycling type of horizontal meditation during an orgasm. During this type of meditation, I circulate my energy throughout my body with a focus on my Central Channel (where the charkas lie) or consciously direct the cycle of released energy between my lover and myself.

MOVING MEDITATION

One form of moving meditation I practice is t'ai chi ch'uan. Just before I begin my T'ai Chi Ch'uan form I stand in the middle of space and dissolve my consciousness into a vibration on the edge of movement and stillness and wait for an impulse of action. The pulsation of my being expands into conscious movement and I feel my body swell, open into itself and the dance begins. I am propelled into the motion. Wave after wave, I feel as if I am swimming in air. My body, mind and spirit breath together and I can feel the oneness of their existence. I identify inwardly with the space outside, allowing it to infuse deeply into my body while I move. I am in practice of the mystical Tao. Each manifested movement blossoms and then dissolves within the moment into its source of non-existence. Like one complete breath, my potential energy is ignited, filling my body, and upon completion of the Form, returns me to the vitality of Nature's dialogue with itself.

In a way T'ai Chi Ch'uan, although a vertical movement, is a combination of sitting, standing, and lying. Within the vertical alignment my body is an open

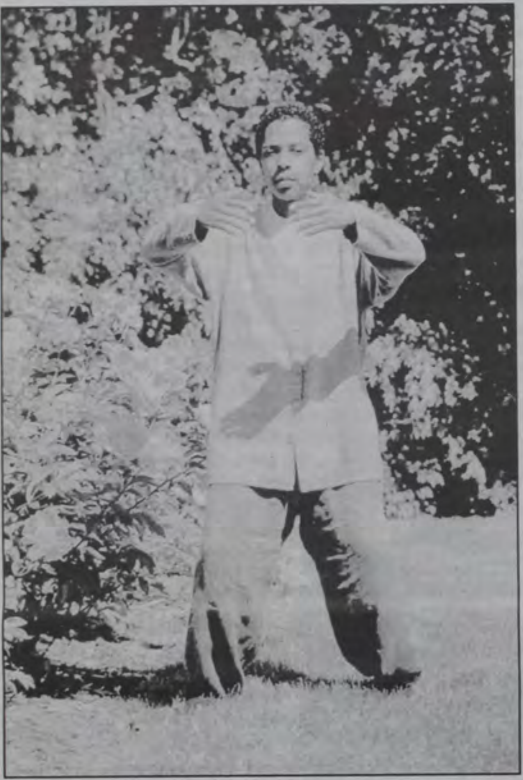
Meditation and the Nature of Being

by Wasentha Young

(continued)

vessel between the Universe and Earth, an easy pathway through which both of these energy forces may pass. With my head upright, the exuberance of the Universal energy pours through my body cleansing it; while simultaneously through my feet the Earth becomes a source of energy I feel fountain up, permeating into my body, branching out into the smallest of open space available as a source of nourishment.

As in sitting meditation, my concentration, focus, imagery, and intent, as well as the physical body are active forms of energy. In design T'ai Chi Ch'uan circulates my "chi," "prana," or "life force," as in lying meditation.



The sensual experience in my practice of T'ai Chi Ch'uan, exists in the letting go of tension, feeling my body, and making energetic and biological connections. Mentally I am forming the shapes of the movements, concentrating on what I am doing, focusing my direction, and using imagery. My intentional action and sensory faculties are operating simultaneously, nurturing a transformed quality of inherent consciousness into physical movement. Essentially I have become mind-full of my integral being in practice.

The best I can do is to keep letting go as I ride the waves, and with pátience allow the wisdom of my practices to caress my being.

RELEVANCE OF MEDITATION

Outside of my meditation practices, whenever I find myself not breathing, slumping, getting tense physically and mentally, not sensing my being, or falling off balance - something whispers in my conscious ear, and automatically I am reminded to make adjustments. I have the biological and psychological memory from my meditation practices, to find the source of my discomfort and begin to shape-shift.

The best I can do is to keep letting go as I ride the waves, and with patience allow the wisdom of my practices to caress my being. This wisdom may come to me in the uncovering of a mental process that may be affiliated with a particular tension, or in being extra mindful because my balance is off today, or in a moment of experiencing an embodied unification of the Earth and Universe.

For me, meditation is like a myth. It is not the actual meditation form that carries meaning. I continually seek to understand the methodologies in the metaphoric and mythological principles of meditation. Its secrets are revealed in the experience of my practices. The meditation form by itself is but an empty shell. The practical principles are the temporal limitations. The present moments within the experience of a meditation form and the eternity within those moments... ahhh there lies the visions, insight, precision, coordination, balance, growth, and health.

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The Crazy Wisdom Calendar

Photo by Tammy Monroe

Karlta Zarley is a Registered Nurse and Healing Touch energy worker.

"Healing is so different from curing, and in many ways is far more important. When your feelings, thoughts and relationships are healed, the state of your physical health becomes less of a distraction.

I've always been drawn to nursing as a way to help people become whole. Healing Touch is a therapy that can help you heal on all levels—physical, emotional, mental and spiritual. We each learn so much from the Energy, and it is such a privilege to work with people on an energetic level."

Acupressure, Reflexology & Shiatsu

Shiatsu at the Ann Arbor Institute of Massage Therapy with Jane Anderson • April 25-27, 8:30 a.m.-5 p.m. each day • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 B.C., it is still widely practiced today. In class, the student will learn basic oriental philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work. 21 CEU's. $350. Call 677-4430 ext. 23 or fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

A Weekend of Meditation and Self-Acupressure with Master Wasentha Young • Feb. 22 and 23 • Acupressure is a Chinese style of bodywork. This class will introduce the potent points on the meridians (energy pathways) that one can use to help relieve stress-related tension. With the touch of one's own hand, using gentle pressure and focused intent, one can facilitate the release of tension and promote circulation of chi (internal energy). There are many forms of meditation practices all over the world and can act as a vehicle offering an opportunity for one to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation, such as sitting, standing, walking pondering, visualization, focusing and guided meditation. $150. For times, call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Animals & Spirit

Spiritual Intention Series: The Animal-Human Energy Bond with Betsy Adams through Gateways Center for Life Enrichment • Series of Five: April 5, June 7, July 12, Sept. 27, Oct. 25; 11 a.m.-6 p.m. • There are 162 natural healing modalities available today. Betsy will explore many of these alternative and holistic approaches for the care of you, your family and your animals, with special emphasis on the present spiritual support available. This series offers five workshops and will provide additional reading lists and people available in this area to support you. $325 for series, includes lunch. Call Betsy at 734-475-4230 or Gateways at 734-677-8889.

Spiritual Intention Series: The Animal-Human Energy Bond - Acute and Crisis Care with Betsy Adams through Gateways Center for Life Enrichment • April 5, 11 a.m.-6 p.m. • In this workshop, Betsy will provide insights into several alternative and holistic modalities, as well as spiritual support available for the acute and critical conditions that may arise for individuals and families around our animal companions. $80 or $65 if taking the full series, includes lunch. Call Betsy at 734-475-4230 or Gateways at 734-677-8889.

Winter Animal Tracking with Dr. Patrick Munson • Feb. 1, 1-5 p.m. • A fun day of reading track stories in the snow. $35. Contact www.envisionhealth.org.

Art & Craft

Art Therapy and Healing with Shannon Scott at UM Exhibit Museum • Mar. 19, 7 p.m. • Shannon Scott will talk about the physiological and psychological benefits of art therapy, followed by a hands-on activity project for attendees. This workshop is part of the Museum's annual Nature of Art and Science series. Free. Call Robin Little at 936-5834 or robinal@umich.edu.

Beginning, Continuing and Advanced Pottery Classes with Kay Yourist of Yourist Pottery Studio • Winter classes begin the week of Jan. 14; Spring classes begin the weeks of Mar. 3 and April 22 • Beginning students will learn basic wheel throwing technique. Progressive classes will offer more complex techniques based on each student's skill level. $155. For times and complete information, call Kay Yourist at 662-4914; kay@youristpottery.com.

Open and Guided Art with Shaqe Kalaj • Ongoing Mondays throughout the year, 7-9:30 p.m. • This class is open, meaning that each student has their own focus in medium and style. You will receive individualized attention that is focused and explorative in finding your own artistic voice. No experience necessary, just willingness to play and be surprised at what a serious artist you can be. $102 for six weeks without art supplies. Call 734-421-3179; imshacha@provide.net.

Soul Sculpting 101 with Estela Monjo through Windrise Spirituality Center • Feb. 15-17, beginning Friday at 6 p.m. • Art has always been a pathway for people to express the deepest and most intimate parts of their being. Soul Sculpting will be an experience where students will be able to create from clay their truest expression of self. Through the process, healing and liberation from blocks will be achieved. $225 includes meals and lodging. Call 810-678-3290; estela@windrise.com.

Artist's Way

Walking in this World: The Practical Art of Creativity with Jill Blixt • 13 Thursdays beginning Jan. 9, 6:30-9:45 p.m. • Take the transformative power of *The Artist's Way* deeper with a workshop based on Julia Cameron's newest sequel entitled *Walking In This World: The Practical Art of Creativity*. Continue your journey by reclaiming your sense of wonder and exploring your curiosity. Through a variety of experiential activities you will gain momentum and learn ways to actively be your own best friend. This workshop is for those who have previously worked with *The Artist's Way* and wish to deepen their creative self-exploration. $30 per week includes supper and all art supplies. Call 665-4577; jillblixt@aol.com.

The Artist's Way Weekend Experience with Jill Blixt • Jan. 17, 6:45-9:45 p.m. (dinner included) and Jan. 18, 9:30-4:30 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. This workshop samples many of the tools, exercises and creative play activities of this 12-week journey. It is for anyone who wishes to learn more about the process or others who may want to recharge their commitment to this life-transforming map. $110 includes meals and art supplies or $90 each when two people come together. Call 665-4577; jillblixt@aol.com.

The Artist's Way with Jill Blixt • 12 Tuesday evenings beginning Feb. 4 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes supper and art supplies. For times, call 665-4577; jillblixt@aol.com.

12-Week Artist's Way Group with Helen Slomovits through Community Rec & Ed • 12 Mondays beginning Mar. 3 • *The Artist's Way* by Julia Cameron is a practical and pro-active course designed to unlock your creativity and help you begin to steer your life in the directions you'd truly love. Sharing the journey of creative recovery and discovery with others is powerful, supportive and fun - and often makes the difference between having good intentions (only!) and actually engaging in this exciting process of change and self-discovery! The group will meet for two hours, once a week for 12 weeks, reading, discussing and doing together and at home, the exercises from *The Artist's Way*. $200 for Ann Arbor residents. Call Helen at 665-0409 or Community Rec & Ed at 994-2300 ext. 227.

> If we have no peace, it is because we have forgotten that we belong to each other.
> -Mother Teresa

Astral Travel

Astral Travel with Todd and Sandra Stockwell of the Serendipity Light Center • Feb. 21, 6-10 p.m. • Astral travel is the art of expanding one's consciousness in order to travel safely outside the physical body. This seminar includes creating sacred space, protection rituals, sacred geometry, conditions of the body and mind, rules and restrictions and the doors to heaven and the universe. $75. Call 734-699-6739; www.serendipitylightcenter@yahoo.com.

Astrology

ASGOWC's Spring Sunday Sampler with Laura Bollettino, Bon Rose Fine, Phil Meade, Raye Robertson and Richard Smoot, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Mar. 23, 1-6 p.m. at Crazy Wisdom's Community Room • This is a mini-festival in observance of International Astrology Day and the Vernal Equinox, featuring a line-up of talented Michigan astrologers presenting short lectures of a variety of subjects. There will be serious and humorous presentations, something for novices and beginners, all the way to seasoned pros. Among the topics are sun sign compatibility, Saturn cycles, good and bad astrological poetry, Neptune and idealism, the moon's nodes and eclipses, Uranus and pisces, mental chemistry, etiquette for astrologers and more. There will be a silent auction to benefit ASGOWC, held concurrent with the event. Afterwards, the attendees can join the speakers for a Dutch-treat supper in the Crazy Wisdom Tea Room. $15 in advance or $20 at the door. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Beginning Astrology with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • A six-week class to learn the basics of the glyphs, the planets and the beginnings of interpreting natal, solar return and transit charts. Charts will be created for each student. $80-$110 sliding scale. For date and time, call 662-4902; feldt@holisticwisdom.org.

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) with Bon Rose Fine, Coordinator • Jan. 26, Feb. 23, Mar. 30, April 13; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. No charge. Call 434-4555; bonrosefine@aol.com.

Finding Your Spirit Guide According to the Ancients with Phil Meade sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Jan. 11, 3-5 p.m. • In order to live and work prosperously, it is of paramount importance to know your own mind. Following the Delphic injunction of "Know thyself", we must also know our star, our guiding genius, and the place it is fitting for them. How did the ancient philosophers find their star and guiding genius/personal daemon? Using the ancient's techniques and some modern chart examples from the audience, we will explore how we can find our own tutelary spirit, personal daemon, guardian angel to help us be in the place that is most conducive for our growth and development. $10. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Planetary Configurations and Central Themes in an Astrological Chart with Richard Smoot, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Feb. 2, 3-5 p.m. • Major planetary configurations found in the astrological chart (such as the T-Square, Grand Trine, Grand Cross, Yod and Stellium) reveal important central themes in a person's life experiences. Discovering and exploring these configurations and their implications in the birth chart will be discussed in this lecture. For the practicing astrologer, these configurations are a key in understanding deeper psychological structures in the human psyche and how we can work with our clients toward their own self discoveries. $10. Call Richard Smoot at 484-1897 or Bon Rose Fine at 434-4555; smootfish@aol.com or bonrosefine@aol.com.

Saturn on My Mind with Raye Robertson, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Mar. 9, 2-4 p.m. • We all seem to have a love-hate relationship with the planet Saturn - our cosmic drill sergeant - yet the 29-year Saturn Cycle is a critical key to personal development and fulfillment. This seminar will de-mystify the old taskmaster and his cycle, which is essential for understanding life transition issues! $10. Call Raye Robertson at 313-366-0799 or Bon Rose Fine at 434-4555; sagrising1951@yahoo.com or bonrosefine@aol.com.

Synastry and Synthesis with Ricki Reeves, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • April 19, 10-4 p.m. with an hour break for lunch • This workshop brings an understanding of how to analyze and understand the planetary dynamics within any relationship between two individuals. You will learn the art of analysis in the blending of two individual's astrological energies into each other's life. We will discuss planetary aspects between two individual's natal planetary placements, the introduction and addition of one person's planetary energies into another individual's astrological houses as well as tips and techniques of relationship interaction. $25 in advance or $30 at the door. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Bodywork and Body/Mind Therapies

Cranialsacral Therapy for Parents with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • April 12, 10 a.m.-1 p.m. • A workshop for parents who want to understand and to be able to utilize basic cranialsacral therapy concepts for their children. This workshop will also cover the theory and possible uses for cranialsacral therapy especially for children. Very basic hands-on techniques will be taught, including the still point. Includes lecture, discussion, demonstration, hands-on learning, handouts and time to address individual interest and experience. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Free Feldenkrais Method *Awareness Through Movement* Workshop with Katherine Rogers • April 26, 9 a.m.-Noon • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything too painful or difficult. This class is appropriate for all ages and physical conditions. Free. Call 971-5285; rogers@wccnet.org or tookaty@netscape.net.

***Feldenkrais Awareness Through Movement* Class with Katherine Rogers • Mondays, 6:30-7:30 p.m.; Segment 1: Jan. 13, 20, 27, Feb. 3, 10, 17 or Segment 2: Mar. 10, 17, 24, 31, April 7, 14** • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything too painful or difficult. This class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.org or tookaty@netscape.net.

The Crazy Wisdom Calendar

Transformation Breathwork Introductory Workshop with Julie Wolcott and Marcia Bailey • Mar. 11, 7-9:30 p.m. at Crazy Wisdom's Community Room • An introduction to Transformation Breathwork, Judith Kravitz' approach to connected breathing. Transformation Breathwork is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have experienced other forms of breathwork such as Leonard Orr style rebirthing, holotropic breathwork, vivation, etc. The workshop will include a brief description of Transformational Breathwork, several individual breath analyses and a group breathing session. $15. Call Julie at 426-4978 or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Introductory Workshop on the Trager Approach with Eileen Dickinson • Jan. 19, 9 a.m.-5 p.m. • This workshop takes you through an exploration of the principles of Trager. Movement awareness work, both on and off the table, both giving and receiving, is demonstrated, explained and practiced in a fun and supportive atmosphere. $95. Call 717-4145; edickins@umich.edu.

Trager Level 1 Training with Roger Tolle • Mar. 22-24, 26-28; 9 a.m.-6 p.m. daily • Six-day comprehensive training involving detailed explanation, demonstration and practice of the Trager Approach to Movement Education and Mind Body Integration. This is the first of three intensives in the professional certification program. Prerequisites: receive two Trager sessions. CEU's available. $750. Call Eileen at 717-4145; edickins@umich.edu.

Discover Trager with Eileen Dickinson • April 10 or May 20, 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager Approach. Learn self-care movements that promote effortless ease and freedom in the body and mind. Free. Call 717-4145; edickins@umich.edu.

Book Groups

Crazy Wisdom Reading Circle • Tuesday, Jan. 28; Friday, Feb. 28; Tuesday, Mar. 25; Friday, April 25; 7-8:30 p.m. at Crazy Wisdom's Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. January's selection will be *Turning Toward the Mystery: A Seeker's Journey* by Stephen Levine. February's selection will be *The Power of Partnership: Seven Relationships That Will Change Your Life* by Riane Tennenhaus Eisler. March's selection will be *Communion: The Female Search for Love* by bell hooks. April's selection will be *The Soul's Religion: Cultivating a Profoundly Spiritual Way of Life* by Thomas Moore. All are welcome. Just show up! Call 665-2757.

Experience the Sacred: Book Study Club with Ruth McDonnell through Visitation • Mar. 11, 25, April 8; 10-11:15 a.m. • Read *Secret Life of the Bees* by Sue Monk Kidd and discuss this young woman's search of healing and finding the sacred. Participants will be able to share one's own personal reflections, experiences and friendships in relation to their journey. $15 plus book. Call 734-242-5520; visitation@ihmsisters.org.

Book Study Class Studying the Works of A.H. Almaas with John Cardwell, Allison Hine, Suzanne Eastman and Lou Weir • Every other Monday • Group has met for three years studying the books of A.H. Almaas. We are now studying *Spacecruiser Inquiry*. We use meditation exercises such as repeating questions and monologue. Free. For times, call John at 994-5320; johncardw@juno.com.

Buddhist Teaching & Buddhist Meditation

Also see "Meditation" Section

Roaring Silence with Ngak'chang Rinpoche held at Friends Meeting House • Feb. 22, 1-4 p.m. • A presentation of the four naljors of dzogchen semde. The four naljors are methods which enable the development of the necessary experiences through which dzogchen becomes practicable. They are the four methods of remaining in the natural state. $25. Call 734-426-2527; aroter.org or aroannarbor@earthlink.net.

Chenrezig Meditation with Senior Students of Karma Thegsum Choling Tibetan Buddhist Center • Sundays, 10-11 a.m. • This is a Tibetan Buddhist meditation of Chenrezig, the Bodhisattva of Compassion. Free. Call 761-7495; aaktc@yahoo.com.

Silent Sitting Meditation with Senior Students of Karma Thegsum Choling Tibetan Buddhist Center • Wednesdays, 7:30-8:30 p.m. • This is a group meditation practice. If anyone needs meditation instruction, please call/email to set up a time. Free. Call 761-7495; aaktc@yahoo.com.

Seven Point Mind Training (Lodjong) with Lama Ani Tsultrim Dolma at Karma Thegsum Choling Tibetan Buddhist Center • Thursdays, 7:30-9 p.m. • Based on the book *Start Where You Are* by Pema Chodron and Jamgon Kontrul Rinpoche's classical Lodjong text. We will continue an ongoing topic with group discussion and exercises. $5 recommended donation. Call 761-7495; aaktc@yahoo.com.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 9, Mar. 6 or April 24; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students. Call 761-6520; a2buddha@aol.com.

Art by Tammy Monroe

Buddha's Enlightenment Day - All Night Sitting at Zen Buddhist Temple • Jan. 10 • Come and meditate to awaken to your true nature - inspired by Shakyamuni Buddha, who sat under the Bodhi Tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money. All welcome. Call 761-6520; a2buddha@aol.com.

Meditation Retreat at Zen Buddhist Temple • Feb. 15 and Mar. 15, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call 761-6520; a2buddha@aol.com.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 7-8, Friday at 7 p.m. through Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160. Call 761-6520; a2buddha@aol.com.

Seminar on Wonhyo conducted by Professor Eun-su Cho at Zen Buddhist Temple • Mar. 16, 23 and 30; 11:30 a.m.-2 p.m. • Seminar on Wonhyo, great Korean Zen Master, scholar and embodiment of crazy wisdom tradition. $20 per session includes study materials and vegetarian lunch at the Temple. Call 761-6520; a2buddha@aol.com.

Yongmaeng Chongjin (Fearless Practice) led by Ven. Haju Sunim at Zen Buddhist Temple • April 10-13 • An intensive practice period, a four-day retreat which includes sitting and walking meditation and dharma talks. For more information, call 761-6520; a2buddha@aol.com.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520; a2buddha@aol.com.

Guide to Bodhisattva's Way of Life with Gehlek Rimpoche of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • These teachings are based upon the text, *Guide to the Bodhisattva's Way of Life*, by the 8th century author, Shantideva. A bodhisattva is one who has committed her or his entire life to becoming enlightened in order to help all beings become free from suffering. With contemporary understanding and wit, Gehlek Rimpoche conveys Shantideva's message in a way that reveals its great power to transform our lives. All are welcome. $5 suggested site donation. Please note regular classes and teachings will not be held Feb. 14-26. Contact www.jewelheart.org for additional classes and special events to be scheduled, including winter and spring courses exploring applications of Buddhism in our lives given by Aura Glaser, Sandy Finkel, Kathleen Ivanoff, Hartmut Sagolla, Greg Corner and others. Call 994-3387; office@jewelheart.org.

White Tara Winter Retreat with Gehlek Rimpoche of Jewel Heart • Feb. 14-26 in Garrison, New York • This retreat is open to all and will focus on the healing and compassionate activity of Tara. White Tara practice is particularly associated with healing and stabilizing, especially effective at difficult times when fear and intense emotions dominate our lives. For complete information, call 994-3387; office@jewelheart.org.

Meditation Session with Jewel Heart Staff • Ongoing Sundays, 10-11 a.m. • These sessions are available for all those who wish to join with others in sitting meditation. All are welcome. Those desiring meditation instruction may enroll in the Introduction to Basic Meditation course. $5 suggested site donation. Call 994-3387; office@jewelheart.org.

White Tara Practice with Jewel Heart Staff • Ongoing Sundays, 11:15 a.m.-12:15 p.m. • These sessions are meant to provide a time and place for those wishing to practice guided White Tara Meditation as a group. All are welcome. Those desiring White Tara instruction may enroll in the White Tara Healing Meditation course. $5 suggested site donation. Call 994-3387; office@jewelheart.org.

Odyssey to Freedom Internet Broadcast from New York with Gehlek Rimpoche of Jewel Heart • Thursdays, 7:30 p.m. • The Odyssey to Freedom was developed by Gehlek Rimpoche and is a point by point structure for meditation on the stages of the spiritual path. It is based on the experience of the Buddha and presented in a way that is fresh and relevant to contemporary American life. $5 suggested site donation. Call 994-3387; office@jewelheart.org.

Buddhist Teaching & Buddhist Meditation (continued)

Living Tradition of Spiritual Development (Lam Rim Teachings) with Sandy Finkel of Jewel Heart • One Sunday each month; 1:30-3:30 p.m. • Presented in a step-by-step outline, these teachings comprise the complete Buddhist path. The structure encourages successive meditation on each topic, allowing us to secure the deepest realizations on the nature of life. All are welcome. For dates, call 994-3387; office@jewelheart.org.

Friday Night Talks with Jewel Heart • Join various presenters as they discuss a wide range of traditional and contemporary issues. Check website for actual dates and times. Open to the public. $5. Call 994-3387; office@jewelheart.org or www.jewelheart.org.

Ceremonies, Celebrations, Festivals & Rituals

Sunday Candlelight Healing and Meditation Ceremony with Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualization and healing circle. Reiki healing during meditation for all who wish it. Free. Call Prachi at 734-449-4381.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Begin 2003 (Buddhist year 2547) peacefully, with a meditation service. All welcome. Call 761-6520; a2buddha@aol.com.

Gateways Energy Circle: Make a Joyful Noise with Gateways Center for Life Enrichment • Jan. 8, Feb. 12, Mar. 12, April 9; 7-9 p.m. • Prayer can take many forms and the energy of prayer can change the world. In this circle, we will explore energy, sound and movement as methods of raising consciousness and sending the power of love and healing to our planet and all sentient beings that make their home here. $5 donation. Call 677-8889.

Imbolc Ritual with Kami Landy at Crazy Wisdom • Jan. 29, 7:30 p.m. • Come celebrate at Crazy Wisdom with an Imbolc Ritual. $5 suggested donation. Call 665-2757.

Dimensions in Light Festival sponsored by Lighthouse Center • Mar. 16, 11 a.m.-7 p.m. at Washtenaw Community College • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products, free lectures and free yoga. Volunteers get in free. $5 admission. Call Nirmala at 734-663-2218.

Spring Equinox Ritual with Bronwen Wildflower Gates at Crazy Wisdom • Mar. 19, 7:30 p.m. • Come celebrate at Crazy Wisdom with a Spring Equinox Ritual. $5 suggested donation. Call 665-2757.

Spring Equinox with Visitation Staff • Mar. 19, 7:30 p.m. • A time to join with others in joyfully proclaiming the Spring of balance of the light and the dark in our universe. Free. Call 734-242-5520; visitation@ihmsisters.org.

Beltane Ritual with Mateyo Empie at Crazy Wisdom • May 1, 7:30 p.m. • Come celebrate at Crazy Wisdom with a Beltane Ritual. $5 suggested donation. Call 665-2757.

Channeling

Mataji Channeling and Individual Healing with Essence Point Board Members • Mar. 6, 7 p.m. • Essence Point presents this two-part program beginning with a short energy channeling and a 40 minute channeling from Mataji as channeled by psychic, author, teacher John Friedlander. Ending with individual healing available from Essence Point board members John Friedlander, Lorna Brown and Anita McKay. During the individual healing, Robin Butler on cello and Janet Milo on flute will play music enhancing the healings and the spiritual space. $10. Call 741-0478; mckay@concentric.net.

Open House Channeling Sessions with Aaron • Jan. 22, Feb. 12, Mar. 19, April 23, May 7; 7:30-9 p.m. • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call Deep Spring Center at 971-3455; info@deepspring.org.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Jan. 6, Feb. 3, Mar. 3, April 7; 7-9 p.m. at Crazy Wisdom's Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $20. Call 734-996-8799.

A Channeled Evening with Jacob with Judy Crookes • Jan. 16, Feb. 6, Mar. 6, April 13; 7:30-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a Being of Light who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and conduct a guided meditation. $10. Call 913-4927; jacrookes@aol.com.

The Gifts of the Spirit with Sandra and Todd Stockwell of the Serendipity Light Center • Mar. 22, 9 a.m.-5 p.m. both days • This seminar teaches how to open up to your own divinity by using your natural abilities. You will learn how to be a clear channel for divine energy without the taint of your ego or personality. Discover who you are on the 12 physical dimensions and much more! $333. Call 734-699-6739; www.serendipitylightcenter@yahoo.com.

Basic Channeling with Shala Kilmer • 8 Wednesdays starting Jan. 15 or April 16; 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to ten students. $335 plus $4 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

> It takes courage for a person to listen to his own goodness and act on it.
>
> - Pablo Casals

Channeling Level II with Shala Kilmer • 6 Mondays starting Jan. 13; 6:30-9:30 p.m. • You will share your gift nightly with other experienced channels, becoming more confident and masterful. You can channel all the information you need for your own life and for others. Limited to ten students. $245. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Childbirth

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Tuesdays, Jan. 15-Feb. 18 or Mar. 25-April 29; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple; $200 if also pre-registering for Newborn & Infant Care class. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Newborn and Infant Care: Baby's Out, Now What? with Beth Barbeau of The Holistic Midwifery Institute • Feb. 25; 6:30-9 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition to parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Sleep issues will be discussed in detail, including updates from New Zealand studies on eliminating the risk of SIDS. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $30 per couple with discount offered. Call 424-0023; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Birth Doula Training and DONA Certification with Patty Brennan of The Holistic Midwifery Institute • Feb. 21-23; Friday 6-10 p.m. and Saturday-Sunday 8:30 a.m.-5:30 p.m. • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@holisticmidwifery.org.

Postpartum Doula Training and DONA Certification with Patty Brennan of The Holistic Midwifery Institute • April 24-27; Thursday-Sunday 8:30 a.m.-5:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family and more. $600 with early registration discount available. Call 663-1523; patty@holisticmidwifery.org.

Chronic Pain, Chronic Illness

Healing from Chronic Illness and Pain with Erica Dutton • Ten-week course • This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event as well as a time to re-evaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new satisfying life for the future. Come and share experiences and learn from other women. $350 for ten weeks with early payment discount offered. For dates and time, call 734-677-3056; eldutton@wccnet.org.

The Crazy Wisdom Calendar

Crystal Healing & Geology

I.D. Day with various Paleontologists, Archaeologists and Geologists at UM Exhibit Museum • Mar. 9, 1-4 p.m. • Bring in your treasures and let the experts identify them! Free. Call Robin Little at 936-5834; robinal@umich.edu.

Exploring Crystals and Gems with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Jan. 11, 10 a.m.-1 p.m. • A fun few hours of reinforcing your own insight and intuition on using crystals and gems for practical and esoteric applications. Using an "immersion" approach, this will be hands-on with emphasis on experience rather than theory. $20-$40 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

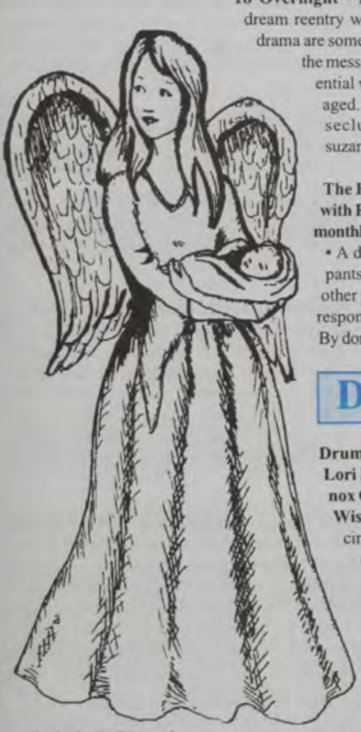
Death & Dying

Expanding into Death (Living Well - Dying Well) with Lorna Brown through Gateways Center for Life Enrichment • Mar. 8, 10 a.m.-5 p.m. • This workshop is designed especially to assist us in integrating death into the life experience. We will explore various concepts regarding death and the dying process, personal issues regarding death fears and participate in various exercises designed to experience an integrated expansion into death and also learn to assist others in their dying process. $40. Call 734-428-8748; starlab6@aol.com.

Dreams & Dreamwork

Drop-In Dream Assessment with Rebecca Mullen in the Crazy Wisdom Tea Room • Sundays, 3-5 p.m. • $1 per minute. Come in and talk with dream interpreter Rebecca Mullen about your dreams. Fun and interesting! No appointment necessary. Call 662-5925.

Leila Circle: Women's Dream Group with Suzanne Eastman • Jan. 9, 7:30-11:00 or April 18 Overnight • Personal symbols, Jungian archetypes, dream reentry with shamanic trance and dream psychodrama are some of the tools used to explore and integrate the messages from our dreams. Interactive, experiential work as well as dream journaling encouraged. $25 for workshop or $45 for overnight at secluded cabin. Call 665-9588; suzanne@home.msen.com.


Art by Leslie Erngaard

The Healing and Spiritual Power of Dreams with Rebecca Mullen • Ongoing Weekly or Bimonthly, or Mondays and Wednesdays, 7:30 p.m. • A dream is presented by one of the participants and is discussed by dreamer as well as other participants. There is usually a collective response in addition to the dreamer's response. By donation. Call 662-5925.

Drumming

Drummunity Circles at Crazy Wisdom with Lori Fithian • Jan. 23, Feb. 27, Mar. 21 Equinox Celebration, April 29; 7-9 p.m. at Crazy Wisdom's Community Room • Open drum circles facilitated by Lori Fithian. No experience necessary. Drums provided or bring your own! All welcome. Free. Call 734-426-7818; lfith@yahoo.com.

Sacred Rhythms with Sunray • Jan. 22, Feb. 26, Mar. 24, April 23; 7 p.m. at Crazy Wisdom's Community Room • Rhythm is sacred because it connects us with each other, with ourselves, with the Creator and with creation. The intention of this workshop is to experience that connection in a facilitated rhythm circle. This is equally accessible to everyone regardless of age or drumming ability. You can bring your favorite drum and rhythm toys and many will be provided for your use. Sliding scale $1-$5 to cover costs. Call 248-684-1002; absmith1@aol.com.

Rhythm and Drummunity Class with Lori Fithian • Ongoing Mondays, 7-8:30 p.m. • Open to all, 14 and over. Dancers, drummers, musicians, movers and shakers - come join us to develop your rhythmic vocabulary. We'll drum, sing and move our way into "fully rhythmized being-ness." Each class stands alone. Drop in or start your week off on the right groove! $10 per class or $54 for six prepaid. Call 734-426-7818; lfith@yahoo.com.

Rhythm, Drum and Fun Playshop with Lori Fithian • Jan. 25, 1-5 p.m. • Anyone interested in drumming should join us for an afternoon of rhythmic exploration. We'll focus on basic hand drum technique and developing rhythmic sensibility. Drums provided. Absolute beginners are more than welcome! $30. Call 734-426-7818; lfith@yahoo.com.

Women's Spring Drum Retreat with Lori Fithian • Mar. 15, all day • Come join us for a day of rhythmic fun, for beginners and near-the-beginning beginners. Learn to play hand drums and other percussion from your heart. Pot luck dinner and Drummunity Circle in the evening. Limited space. $30-$50 sliding scale. Call 734-426-7818; lfith@yahoo.com.

Drumming Circle with Julie Slowik ihm and Gail Tola through Visitation • Jan. 10, Feb. 14, Mar. 14, April 11, May 9, June 13; 7-9 p.m. • In many cultures, drumming has been used for celebrations and ceremonies to create unity and harmony. We will experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. No experience necessary. All are welcome. Please bring your own drum if you have one. Some drums will be available for use. $10-$20 suggested offering. Call 734-242-5520; visitation@ihmsisters.org.

Djembe and Dunun Rhythms with Ryan Edwards of Like Water Drumworks • Thursdays, 7 p.m. • Explore ritual and popular music of the Malinke and Susu people of West Africa. Classes cover the feel, technique and repertoire involved in jamming African-style. All abilities are welcome to this fun and ego-free setting. Drums are available. $10 per class. Call 734-475-3158; www.likewaterdrumworks.com.

West African Balafon Class with Ryan Edwards of Like Water Drumworks • Thursdays, 8:30 p.m. • Learn the magical music of the balafon - the West African history keeper's instrument. Sessions include melodies, accompaniments, songs and related folklore. Balafons (wooden-keyed xylophones) provided. $75 for six-week session. Call 734-475-3158; www.likewaterdrumworks.com.

Roots Unification II with Like Water Drum and Dance and Guests • Feb. 8, 3 p.m. • Event will feature a workshop village including Batik, drum tuning, conscious Carribean cooking, beading, shekere making and more. Vegetarian island food will be available, followed by a performance by Like Water Drum and Dance. Cost varies by workshop. $10 and $15 for performance. Call 734-475-3158; www.likewaterdrumworks.com.

Drum, Dance and Balafon Trip to Guinea, West Africa with Ryan Edwards of Like Water Drumworks • Feb. 24-Mar. 17 • Experience Africa. Designed for the cultural enthusiast, we stay three weeks in a small village at the base of two waterfalls. Drum and dance every day, and explore the culture and countryside. $2,650. Call 734-475-3158; www.likewaterdrumworks.com.

Drum Making with Dr. Patrick Munson • Mar. 1, 10 a.m. until evening • We will be making octagonal drums 10"-12" using deer hide and cedar. Everyone takes home a drum after a day of communal fun and pot luck. $80 with materials provided or $50 if you bring your prepped hide. Contact www.envisionhealth.org.

Esoteric Anatomy & Energy Healing

Hands of Light Energy Healing: Its Relationship to the Incarnational Process with Lucinda Kurtz • April 28, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • What is in relationship to the incarnational process? In this overview perspective, Lucinda Kurtz will share the basic principles of energy healing which include discussions of the four dimensions of humanity: core star, hara, aura and the physical body. We will explore the process of growth and wounding, our energy defenses and how healing can occur. $30. Call 665-9160; lindakurtz@aol.com.

Claiming Your Body for Yourself with Lucinda Kurtz • April 2, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • How can you embrace your physical body with all its "seeming" imperfections? How can you view your body from a spiritual perspective as a vehicle for your energy? You will explore ways to fully embrace your body, groom your energy field and live in balance with nature and your highest self. $30. Call 665-9160; lindakurtz@aol.com.

Energize Your Soul with Linda Greene • Feb. 19 or April 22, 7 p.m. • Start your day with increased vitality, clarity and purpose. Join Linda Greene in a sampling of simple physical movements, guided visualizations and affirmations designed to cleanse your aura and engage your soul. Integrate these easily into a daily practice. Components are drawn from polarity, transformational kinesiology and energetic anatomy. A small amount of theory will provide context. You will get more out of the process if you have a simple specific goal for the evening, e.g. bringing in a quality of life (joy, patience, creativity) or taking simple action (speaking up, remembering what you read, acting from kindness). $10. Call 662-2029; lingreene@aol.com.

Presentation of Energetic Balancing with Roberta Hladek • Feb. 9, 3-7 p.m. at Crazy Wisdom's Community Room • Based upon the novel *Sanctuary: The Path to Consciousness*, learn what energetic balancing is and how it works. Discover why energetic balancing is essential to your spiritual, mental, emotional and physical wellbeing. Learn how energetic imbalances are manifested and about the energetic challenges of today. $48. Call Gail Miller at 586-264-5457 or gailg8@yahoo.com; Linda Lowery at 248-356-2092 or lindalowery@msn.com; Tony Paolella at 586-977-8596 or ap11140@yahoo.com.

Esoteric Anatomy & Energy Healing (continued)

Esoteric Healing with Laurie Akerros • Level One: Feb. 7-9; Level Four: Jan. 25-28 • All life is vibration at different frequencies, and disturbance in the flow of energy results in compromised health; physically, emotionally, mentally and spiritually. This class will teach practitioners to sensitize their hands and awareness, to learn to assess and treat the energy field in order to assist balancing and creating optimum conditions for wellness. $295. Call 995-2719.

Fathering

Boot Camp for New Dads with Various Presenters through Saint Joseph Mercy Hospital • Jan. 11, 9 a.m.-Noon; Jan. 30, 6-9 p.m.; Feb. 8, 9 a.m.-Noon; Mar. 1, 9 a.m.-Noon • A class taught by men that teaches first-time fathers practical information on parenthood, baby care and becoming a family supporting the new mom. $25. For more information, call Debby at the Women's Health Center at 734-712-5800.

Feng Shui

Introduction to Feng Shui Interior Design with Lori Schneider • Jan. 11 or Mar. 15, 1-4:30 p.m. at Crazy Wisdom's Community Room • This workshop is an enlightening experience as you learn how to apply feng shui principles to your home and office environment. Discover how the quality of your life - health, relationships, prosperity - is intimately connected to invigorating vital chi energy in your environment. Also you will be inspired by a slide presentation that demonstrates how we can view our environments through our feng shui eyes and how the bagua map, a feng shui tool, is associated with the artful placement of things. $40. Call 995-9737; brighterdestiny@earthlink.net.

Feng Shui Basics with Lynn Meadows • Jan. 15 or April 8, 7-9 p.m.; or April 5, 10 a.m.-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • April 5, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Jan. 22, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Feng Shui in the Garden with Lynn Meadows • Feb. 5 or April 8, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

> Friends are those rare souls who ask how we are and then wait to hear the answer.
>
> - Ed Cunningham

Feng Shui for Realtors and Home Buyers with Wendy Warrick • Jan. 27, 7-9 p.m. • What should you look for in a new house if you'd like to increase your potential for health, prosperity and happiness? What can Realtors look for to find just the right home for their clients? Feng Shui can help you find a house that does more than meet your functional and aesthetic needs through careful consideration of architectural style, site, surrounding buildings, compass points and more. $30. Call 913-9619.

Feng Shui Fundamentals, Part I with Wendy Warrick • Feb. 12, 7-9 p.m. • What is Feng Shui? What can it do for you and your environment? Learn how this ancient Chinese system can create a home or office environment that supports bringing prosperity, health, happiness and more into your life. Underlying metaphysical theory will be discussed as well as how to use major and minor Feng Shui adjustments or cures. $30. Call 913-9619.

Feng Shui Fundamentals, Part II with Wendy Warrick • Feb. 19, 7-9 p.m. • In Part II, students will learn how to use the mystical Ba-gua symbol to diagnose and realign the chi in a home or office. This knowledge expands and deepens the use of Feng Shui cures and their effects. Bring your floor plan to class for Feng Shui assessment. $30. Call 913-9619.

Feng Shui and Gardening with Wendy Warrick • Mar. 12, 7-9 p.m. • Spring is a great time to expand the good chi in your home to your whole yard by using the transformative power of Feng Shui in the outdoors. Selection and placement of plants, flowers and trees to effect harmony, balance, protection and more will be covered. $30. Call 913-9619.

Flower Essences

Flower Essences: An Introduction with Bronwen Wildflower Gates • April 9, 6:30-9 p.m. • We are in the 21st century, the Age of Flowers. This class introduces you to the healing power of flower essences, and how you can incorporate their gifts into your life to bring inner peace and healing. You will learn about the nature of flower essences, be introduced to their diversity and abundance and become inspired and confident in your ability to enjoy their benefits. $30. Call 734-424-2744; bronwild@aol.com.

Flower Essences: The Bach Flower Essences with Bronwen Wildflower Gates • April 23 and 30, 6:30-9 p.m. • This is an intensive class on the Bach English flower essences. You will become familiar with all 38 essences so that you know what essence to use in a given situation, and recognize their significance and validity for the world we now live in. $55. Call 734-424-2744; bronwild@aol.com.

Gay & Lesbian

Honoring Our Lives: Lesbians and Spirituality with Kate Durda • Jan. 25, 1-5 p.m., held in Lansing • We will examine our strengths, our challenges and our spirituality. As lesbians, we hold a special relationship to the world, and it to us. Keeping in balance and staying in our power, our strength is part of our spirituality and of our lives. We will use imagery, song, drumming and rattles and other spiritual practices to empower and revitalize ourselves. You will also learn how to do the shamanic journey in this class. $50. Call 517-543-6754; spiritweaver@voyager.net.

Healing

Alternative Therapies and the Healing Arts with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom, offered through Community High School Community Resource Program • Begins Jan. 8 • For complete description, see listing under Kids & Young Adults.

A Spiritual School for the Healing Arts with Elizabeth Alberda and Vera Lucia Moura • Begins Jan. 8, 6-9 p.m. • A year-long study dedicated to learning the healing arts for the possibility of healing yourself and others by developing a deep spiritual anatomy and autonomy. This is an invitation to acquire skill in reading the human body, in connecting with the spirit body and in living from the heart mind. Each participant will work on their individual character structure to bring about grounding and boundary, individuation and union, chaos and creativity, shadow and light and surrender and action from their authentic self. $50 for each session. Call Elizabeth at 663-5457 or ealberda@comcast.net; Vera at 769-9826 or vlmoura@umich.edu.

Claiming the Healer Within: A Return to Your Indigenous Self Apprenticeship Program, Information Meeting and Introductory Healer's Circle with Bronwen Wildflower Gates • Meeting: Jan. 15, 7 p.m.; Circle: Jan. 18, 9 a.m.-1:45 p.m. • In this program, you are apprenticing to yourself, to a deeper exploration and claiming of Self, building your own program of mastery. You will become more skilled at reading the sacred text that is your body and your life, learn a variety of self-care techniques as well as how to develop a partnership relationship with Nature and your body. Attend the monthly Healer's Circle; have one-on-one healing. Meeting is free; Circle is $63 and includes lunch. For more information, call 734-424-2744; bronwild@aol.com.

Accessing Inner Guidance with Bronwen Wildflower Gates • Feb. 19 and 26, 6:30-9 p.m. • Guidance is the abundant help available to you from your internal resources, as well as from the external world that reflects back to you your internal landscape. You will learn how to dowse and use kinesiology, and practice developing effective questions so you can get meaningful answers. You will also learn how to distinguish blind trust from inner knowing, and explore how your beliefs impact the answers you receive from your guidance. $55. Call 734-424-2744; bronwild@aol.com.

Listen To Your Body with Bronwen Wildflower Gates • Feb. 5 and 12, 6:30-9 p.m. • Learn to tune into your body and "read" its messages through body scanning and imaging. Discover both the wisdom and the willingness of your body to be your ally and friend. Explore the non-verbal language of your body, and meet your inner healer. Learn to engage your inner healer and your self healing ability to create change in your life. $55. Call 734-424-2744; bronwild@aol.com.

The Crazy Wisdom Calendar

Naturopath, Chiropractor and Holistic Health Educator Darren Schmidt

"I love being the alternate resource for health questions. Our whole medical society is trained to think and act in a certain way. Independent thought is frowned upon. Here I am — shaking up what people believe to be the truth about health care. I am also making people question their own reality about how a body loses and regains its health. Our health care system needs to change dramatically and I enjoy facilitating that paradigm shift."

The Accelerated Healer Development Program with Eve Wilson and Richard Marwood • Begins Jan. 30, 11 a.m.-2 p.m. • For complete description, please see listing under Professional Enrichment.

Herbs, Plants & the Garden

Train as an Herb Specialist with Cindy Klement • Tuesdays, Feb. 18-April 1; 7-8:30 p.m. • For complete description, please see listing under Professional Enrichment.

Workshop on Making Tinctures, Salves and Other Plant-Based Preparations with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Saturday, March 8; 10 a.m.-1 p.m. • Hands-on and you take home what you make. Supplies provided. This is a fast paced, fun filled morning and you will learn by doing. $20-$30 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Herbal Wisdom Series: Herbal First Aid with Linda Diane Feldt sponsored by People's Food Coop • Jan. 13, 7:30-9 p.m. at Crazy Wisdom's Community Room • What should every herbal first aid kit contain for acute but minor injuries? What can you safely use and when can you use it? This presentation will help you to be better prepared and more effective when you need to be. Additional resources will also be covered. Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Herbal Allies for Men with Linda Diane Feldt sponsored by People's Food Coop • Mar. 10, 7:30-9 p.m. at Crazy Wisdom's Community Room • This presentation will include popular herbs for men, herbs for male concerns and encouragement for greater herbal preventative care for men. Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: The Five Most Popular Herbs with Linda Diane Feldt sponsored by People's Food Coop • April 14, 7:30-9 p.m. at Crazy Wisdom's Community Room • While herbs have become part of our accepted health care, few people know more than the basics of even the most popular herbs. Come learn more about familiar herbs. Do you know the most effective form? Other less popular uses? How to grow and harvest? Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

Herbal Wisdom Class with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Begins Jan. 9, 7-9 p.m. • Spend ten nights preparing for the abundance of spring. This class will cover how to use local herbs, an understanding of harvesting and preserving herbs, what parts to harvest when, an understanding of the action of plants, how herbal traditions differ in approaches, a coherent herbal philosophy, creating your own materia medica and herbs for special occasions. A continuing class will be available in March. $100-$150 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Herbal Wisdom Part 2 with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Wednesday evenings beginning Mar. 12 • A continuing class or for more advanced beginning students. In this class, we will continue to develop a materia medica, learn more about body systems and herbs and begin to read and understand research while also honoring the role of intuition and folklore. $100-$150 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Studying Plants: The Art and Science of Botany with Bronwen Wildflower Gates • Meets every two weeks, Saturday, Jan. 25 to April 26, 9 a.m.-1 p.m. • This unique class is for anyone who loves plants and wants to understand and know them more deeply. Learn to speak the language of plants by knowing their form and structure, their families and communities. You will look at plants with the careful and keen observation of the scientist and artist, and will engage your imagination and your access to the sacred to know and understand them. $360. Call 734-424-2744; bronwild@aol.com.

Holistic Health

ASHC: Arthritis Self Help Course with Joan Scully Ballantyne at Northville Senior Center • Jan. 7, 14, 21; 10 a.m.-Noon • ASHC is a three-week course to teach successful arthritis self-management. $20 for registrant and $5 for companion, includes *The Arthritis Help Book*. Call 248-344-2219; jsbwings@twmi.rr.com.

Osteoarthritis with Darren Schmidt • Jan. 7, 7-8 p.m. • Discover effective, natural treatments for this degenerative joint condition. There are many treatments designed by Mother Nature and verified by scientific research. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Eye Health with Darren Schmidt • Feb. 4, 7-8 p.m. • Eye health, including cataracts, macular degeneration and prevention, will be discussed. Find out about the many treatment options available that are made by Mother Nature and verified by research. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Female Cycle Difficulties with Darren Schmidt • Mar. 4, 7-8 p.m. • Mother Nature has provided us with plants that improve conditions of pre-menstrual syndrome. No matter what the symptom, whether it's cramping, bloating, emotional irritability, acne, cycle timing irregularities or anything else, healing plants can help tremendously. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Osteoporosis with Darren Schmidt • Mar. 18, 7-8:30 p.m. at Crazy Wisdom's Community Room • A standard treatment for osteoporosis is a fluoride drug. This is good for people whose bones are made of fluoride. For the rest of us, let's try calcium and its nutritional cofactors to reverse osteoporosis. Also learn which foods to avoid. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Diabetes and Hypoglycemia with Darren Schmidt • April 1, 7-8:30 p.m. • Blood sugar imbalances like diabetes and hypoglycemia are most often caused by diet. Does this mean we should eat a low-fat diet to fix these problems? No. For people with diabetes or who crash after a meal, come to this lecture to discover how to treat yourself well. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Emotional Stress with Darren Schmidt • April 15, 7-8:30 p.m. at Crazy Wisdom's Community Room • Emotional stress can be helped greatly with energy work. Dr. Schmidt will demonstrate how emotions can make us weak and tired and how to reverse stress. The results are instant and profound. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Restoring Creative Expression: Self Help for Carpal Tunnel Syndrome with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Mar. 22, 10 a.m.-1 p.m. • This workshop will teach a complete system of understanding and resolving most carpal tunnel problems and symptoms. Thousands of people have used this method successfully, which relies on the individual to work on themselves. Not only will you learn how to work on yourself, you will also learn how to teach your friends and others how to do it. Includes lecture, discussion, emphasis on hands-on learning and handouts. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Holistic First Aid with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • April 26, 10 a.m.-1 p.m. • We will cover what a holistic first aid kit should include, simple bodywork techniques for acute injuries, handy herbs (both packaged and available in your lawn), a holistic first aid philosophy and integrating holistic first aid with conventional treatment. Includes lecture, discussion, demonstration, hands-on practice, handouts and examples. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Holistic Health(continued)

Cleansing and Detoxification with Michele Loewe and Carol Swaney sponsored by People's Food Co-op • Feb. 11, 7-8:30 p.m. at Crazy Wisdom's Community Room • There are plenty of ways to support cleansing and detoxification. Come learn about nutritional and herbal methods. Carol Swaney will discuss the importance of lymph drainage for wellness, detoxification and regeneration of your body. Free. Call Laura Meisler at People's Food Coop at 994-4589; pfc@izzy.net.

Coping with Spring Allergies with Michele Loewe sponsored by People's Food Co-op • April 8, 7-8:30 p.m. at Crazy Wisdom's Community Room • Feeling drippy or sneezy? Come discover how nutrition, herbs and homeopathy can help you cope. Also learn about NAET, an allergy elimination technique. Free. Call Laura Meisler at People's Food Coop at 994-4589; pfc@izzy.net.

Homeopathy

The Homeopathic Kit: What It Is and How to Use It with Mary Tillinghast of Castle Remedies • Sections F-Q: Jan. 6, Jan. 15, Jan. 27, Feb. 5, Feb. 15, Feb. 26, Mar. 5, Mar. 17, Mar. 26, April 2, April 14, April 23; 7-10 p.m. • The homeopathic kit is a workshop covering the most frequently asked questions about homeopathy as regards its theories, principles and practical applications. The main focus of the class will be on how to use the remedies in the Castle Remedies Home Care Kit. Having a kit is recommended, and a class manual with handouts will be provided. $45 each. Call 973-8990; castleremedies@earthlink.net.

Homeopathy, Flower Essences and Aromatherapy with Linda Diane Feldt sponsored by People's Food Coop • Feb. 10, 7:30-9 p.m. at Crazy Wisdom's Community Room • If you're wondering about the differences between herbal preparations and homeopathy, flower essences and aromatherapy, this presentation will help! Included in this talk is information on how each is prepared, how they might work, history of use, and how to decide which method may be most effective. Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • Mar. 22, 9 a.m.-4 p.m. • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $85 with discount offered. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan • Mar. 11, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. $10 per person or $15 per couple. $22 sourcepack available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Homeopathy: The Healing Power of Resonance with Bronwen Wildflower Gates • Mar. 12 and 19, 6:30-9 p.m. • Learn about this powerful body-mind healing modality that offers a wonderful framework for an holistic understanding of the body. You will learn the empowerment and peace of mind a basic knowledge of homeopathy can bring to you, either in your own self-care or as a mother or primary caregiver for others. Learn what it takes to be a homeopathic patient, how to choose the remedy you need and become friends with some common remedies for when you need them. $55. Call 734-424-2744; bronwild@aol.com.

The Twelve Tissue Salts: Elemental Wisdom with Bronwen Wildflower Gates • Mar. 5, 6:30-9:30 p.m. • The twelve Tissue Salts represent the basic building blocks of the human body, in the form of diluted homeopathic preparations. Come learn about them and how you can use them to support your body in acute and chronic situations - to help with the health and wellbeing of your nervous system, your blood, your bones - to achieve whole body health. $40. Call 734-424-2744; bronwild@aol.com.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • $1 per minute. No appointment necessary. Call 327-9568; evnsd7@aol.com.

Intuition Study Group with Diane Evans • Sundays, Jan. 5-April 27; 11 a.m.-12:30 p.m. in the Crazy Wisdom Community Room • Theory, skill building and application are the three means this study group will utilize to explore intuition and develop a strong, clear connection with it. Facilitated by Diane Evans, this interactive growth opportunity is open to anyone interested in learning more about the subject and how we can use intuition in our personal and professional lives. Come to any or all of the explorations in the comfortable atmosphere of the Crazy Wisdom Community Room. We begin promptly. $15 per session. Call 327-9568; evnsd7@aol.com.

> Everything in life has a purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from.
>
> - Elizabeth Kubler-Ross

Intuitive Explorations with Diane Evans • Jan. 7, Feb. 4, April 1; 7-9:30 p.m. in the Crazy Wisdom Community Room • These interactive sessions are intended to explore, access and apply intuitive information more in-depth than we have time for in the weekly study group sessions. Whether you attend the Sunday study group or not, these sessions are open to anyone interested in the study of intuition as it applies to our personal and professional lives. Each intensive will be a complete and independent unit of study. The topic will differ each month beginning with Intuitive Goal Setting in January. We meet in the comfortable atmosphere of the Crazy Wisdom Community Room. We begin promptly. $25 per class. Call 327-9568; evnsd7@aol.com.

Essence Point Psychic Reading Practice with Anita McKay • Jan. 9, Feb. 13, Mar. 13, April 10; 7:30-9 p.m. • These practice sessions are designed for those who have read or been taught the methods from *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher. Each session focuses on different aspects of psychic reading. $2-$12. Call 741-0478; mckay@concentric.net.

Intuition: The Owner's Manual with Shala Kilmer • Ten Mondays starting Mar. 3, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. Limited to 12 participants. $425 includes $10 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

2 Tools 4 Intuition with Shala Kilmer • Mar. 22, 1-4 p.m. • Empower yourself. Learn to get your own intuitive information using the powers of psychometry and the pendulum. Have fun and learn to use two powerful tools to nurture your intuition. Limited to 12. $55. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Developing Intuition with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Jan. 25, 10 a.m.-1 p.m. • Learn the system I have used for more than 20 years of healing work. In this workshop, we will explore altered states and practical tools. You will learn to recognize, emphasize and expand your existing strengths. Everyone can learn or improve their natural insights and instincts. This is one simple, fun and effective way. $20-$40 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Jan. 4 and 5, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $149 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Feb. 22 and 23, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $159 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Feb. 1 and 2 or Mar. 24 and 25, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $169 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • April 26 and 27, 10 a.m.-6 p.m. • Learn to safely become a conscious channel using an easy, repeatable system as your foundation. Prerequisite Intuitive Awareness 1 and 2. $199 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

The Crazy Wisdom Calendar

Introduction to Psychic Development with Elena Gillespie • Feb. 22, 10 a.m.-6 p.m. • Gain easy and straightforward tools for accessing your psychic abilities in a daylong workshop. At the end of the day, you will be accessing accurate information for yourself and your life path. Animal communication, remote viewing, medical intuition, psychometry and how to conduct a professional psychic reading will also be addressed. $95. Call 482-4078.

Psychic Protection and Energy Hygiene with Bronwen Wildflower Gates • Jan. 22 and 29, 6:30-9 p.m. • We live in a world of energy, and this unseen energy that you generate and encounter has profound impact on your experience of life. You will learn what psychic protection is and is not, and how to protect yourself by seeing self as source. You will learn practices and visualizations for energy cleansing of yourself and your space, and you will learn about energy hygiene, and how to be pro-active in maintaining the self as sacred space. $55. Call 734-424-2744; bronwild@aol.com.

Kids & Young Adults

Children's Sunday School with Lighthouse Center • First and Third Sundays of each month, 10:30 a.m.-12:30 p.m. • Classes in spiritual development for children ages 4-18 whose parents are mantra meditators. Principles of metaphysics, mantra meditation, yoga, Christianity and world religions are taught at different age levels. No cost. Call Nirmala at 734-663-2218.

Alternative Therapies and the Healing Arts with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom, offered through Community High School • Begins Jan. 8 • A class for high school students offered through Community High Community Resource Program. We will explore a variety of modalities, with many presentations and hands-on opportunities to learn. Because this is offered through the Ann Arbor public schools, there is no charge for eligible high school students. Call 662-4902; feldt@holisticwisdom.org.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, Noon-1 p.m. • This class uses an approach to postures, breathing and meditation appropriate for children ages 4-6. Fun for the whole family. For cost, call 665-7801; emastefanova@cs.com.

Yoga for Teens with Ema Stefanova • Saturdays, 1:15-2:45 p.m. • This class is specially designed for this age group and includes postures, breathing, relaxation and meditation. For cost, call 665-7801; emastefanova@cs.com.

Art by Tammy Monroe

The Labyrinth

Walking the Labyrinth with Visitation • Jan. 3, Feb. 7, Mar. 7, April 4, May 2, June 6; 9 a.m.-5 p.m. • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." -Lauren Artress, *Walking the Sacred Path*. The labyrinth is a metaphor for the spiritual journey. It is found in many religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Keeping Love Alive: Free Introductory Workshop with Carole Kirby • Feb. 16, 2-4:30 p.m. at Crazy Wisdom's Community Room • Learn about the chemistry of love and why there's an inevitable waning of passion. Get some insight into your longstanding issues. Enhance your ability to communicate well with your partner. Improve your ability to be a safe, loving partner. Discover ways to re-awaken and keep love alive in a long term relationship. All kinds of couples and singles welcome. Free. Call 734-424-2797; www.therapy4couples.com, carole777@aol.com or carole@therapy4couples.com.

Rediscover the Joy of a Committed Relationship: A Workshop for Couples with Carole Kirby • April 11-13; Friday 7-10:30 p.m., Saturday 8:30 a.m.-8 p.m., Sunday 8:30 a.m.-7 p.m. • Discover what's beneath the longstanding conflicts and how to use your relationship for mutual healing and fulfillment. This intensive, psycho-educational workshop is based on Dr. Harville Hendrix's theory of *Imago* relationship therapy. The workshop includes lectures, written exercises, experiential exercises and playfulness to help couples replace their ineffectual behaviors with behaviors that can set them on a path to real love, safety, trust and connection. Based on the book, *Getting the Love You Want* by Dr. Harville Hendrix. $550 per couple or $500 if paid three weeks in advance. Call 734-424-2797; www.therapy4couples.com, carole777@aol.com or carole@therapy4couples.com.

Marriage Enrichment Series at St. Joseph Mercy Hospital • Each class meets 7-8:30 p.m. • Designed for couples who wish to strengthen their marital relationship. $15 per class. To register, call Debby at the Women's Health Center at 734-712-5400 or 800-231-2211.
Feb. 5: Men and Women - Understanding Each Other
Feb. 19: Best Kept Secret in Having a Good Marriage - Fighting Fair
Mar. 12: Power Balances and Imbalances
Mar. 26: Emotional Intimacy and Sexuality

Love and Spiritual Intimacy Couple's Retreat with Sheree Johnson and Domenic Tamborriello • Jan. 17-19, begins Friday at 6 p.m. • Borrowing from the spiritual principles and practices of Buddhist and Hindu Tantra, and the Gestalt approach to increasing levels of intimacy, Sheree and Domenic will guide couples through a weekend of experiments, exercises and small group interactions that will tear down the inner walls that separate the Lover from the Beloved. These practices will enable couples to improve their skills in awareness, detachment, expression and insight. $350 includes meals and lodging. Call Sheree at 810-678-2759; shereejohnson@thespiritofnature.com.

Couples Group: Enjoying the Journey of Marriage with Jacqueline Doneghy and Richard Dutton • Ten sessions, dates and times TBA • This group will help you to learn the strategies and tools for managing your emotional baggage from the past, to enjoy what you have and to build a stronger relationship for the future. Sliding scale fee available. For cost, call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

Codependency: Losing Track of Me in Relationships with Jacqueline Doneghy and Richard Dutton • Ten sessions, dates and times TBA • Sometimes we overreact to what happens around us and underreact to what goes on inside of us. Do you know how others feel before they do but have difficulty knowing your own feelings? In this group, you will learn strategies and tools for rediscovering yourself, setting limits with others and making your own thoughts and feelings count. Sliding scale fee available. For cost, call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

Finding Your Soul Mate with Shala Kilmer • Feb. 8, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 8 people. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Mary Ledvina • Sundays, 1:30-4:30 p.m. • Come in to Crazy Wisdom on a Sunday afternoon and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Brenyn Williams • Fridays, 7-10 p.m. • Come in to Crazy Wisdom on a Friday evening and get a massage! Experience the rejuvenating and energizing effects of chair massage, increasing your health, mental clarity and ability to relax. $1 a minute. No appointment needed. Call 665-2757.

Massage: Learning to Give and to Receive with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Wednesdays beginning Jan. 15, 7-9:30 p.m. • An eight-week class covering the basics of massage. Perfect for couples, as an introduction to professional massage or just for fun. This same course was one of the most popular classes offered by the Ann Arbor Rec and Ed program for seven years. An illustrated manual and video are included in the cost. Tables provided. $100-$150 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Professional and Ethical Boundaries with Jane Anderson and Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • April 2, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • For complete description, see listing under Professional Enrichment.

700 Clock Hour Massage Therapy Program: Professional Training with Various Instructors from the Ann Arbor Institute of Massage Therapy • Classes begin Feb. 26 • For complete description, see listing under Professional Enrichment.

Pregnancy Massage Workshop with Frances Salvato at the Ann Arbor Institute of Massage Therapy • Mar. 22-23 and Mar. 29-30, 8:30 a.m.-5 p.m. each day • Frances' pregnancy massage course covers benefits and contraindications for each trimester, including labor and postpartum, applications of massage for each trimester, self-care exercises, physiological changes occurring in different systems of the body and the effects of massage therapy upon the different body systems. 28 CEU's. $450 for all four days. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Photo by Tammy Monroe

Reiki Master and Psychic Elena Gillespie

" About healing; when in doubt, love others. It can move mountains, bridge the greatest chasm, heal the deepest wounds, including your own. It never fails."

Massage (continued)

Seated Massage with Margaret Szedenits at the Ann Arbor Institute of Massage Therapy • April 5, 8:30 a.m.-5 p.m. • This course concentrates on teaching participants a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. 7 CEU's. $150. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Sports Massage I with Jane Anderson and Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • April 12-13, 8:30 a.m.-5 p.m. each day • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre- and post-event work, maintenance work and injury assessment and treatment. 14 CEU's. $250. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 10-12, 8:30 a.m.-5 p.m. each day • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides complete and effective relief from chronic pain and tension. The student acquires an understanding of the principles and philosophy of myofascial dysfunction. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 24-26, 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Neuromuscular Therapy IV with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Mar. 1-2, 8:30 a.m.-5 p.m. each day • A two-day hands-on only class. No anatomy lecture. Focus is on technique using additional body positions to be more thorough as well as a focus on TMJ Syndrome techniques, techniques to help relieve Sciatica and pelvic stabilization. 14 CEU's. $250. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Myofascial Therapies I with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Jan. 17-19, 8:30 a.m.-5 p.m. each day • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Other topics covered include body psychology and concepts of armoring, past trauma, bodywork boundaries and safety issues and biomechanical aspects of strain. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Myofascial Therapies II with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Feb. 21-23, 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Myofascial Therapies III with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Mar. 14-16, 8:30 a.m.-5 p.m. each day • See above description. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Anatomy Review and Palpation Skills with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 7-9, 8:30 a.m.-5 p.m. each day • This is an experiential class. This workshop is designed to expand the student's ability to palpate body landmarks, pulses and muscles. There are exercises to increase self and sensory awareness. 21 CEU's. $350. Call 677-4430 ext. 23, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Meditation

How to Meditate Using Chakras, Mantras and Breath (for beginners) with Dennis K. Chernin • Feb. 8, Noon-4 p.m. at Crazy Wisdom's Community Room • This seminar will focus on the following aspects of meditation: definition, goals, philosophy, relevance to medicine and health, breathing techniques, mantras, chakras and yantras. Preparation for meditation and specific techniques will be taught with special emphasis on the use of breath and chakras to deepen one's practice. Following the class will be drumming and chanting with Dr. Chernin and musician Muruga Booker for those who wish to participate. $100. Call 973-3030; dennischernin@hotmail.com.

How to Meditate Using Chakras, Mantras and Breath (for more experienced students) with Dennis K. Chernin • Feb. 22, Noon-4 p.m. at Crazy Wisdom's Community Room • This seminar will focus on the following aspects of meditation in greater detail than the beginner's class on Feb. 8: definition, goals, philosophy, relevance to medicine and health, breathing techniques, mantras, chakras and yantras. There will be special focus on activating kundalini, the use of the bija mantras, more advanced breathing techniques and ways to deepen the practice using chakras. Following the class will be drumming and chanting with Dr. Chernin and musician Muruga Booker for those who wish to participate. $100. Call 973-3030; dennischernin@hotmail.com.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Fridays, Jan. 31, Feb. 28, Mar. 28, April 25; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 for first time; $15 for repeat. For dates, call Nirmala at 734-663-2218.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381.

Thursday Evening Meditation for the General Public with Brenda Morgan • Feb. 13 and April 10, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening is set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is always exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Held at Friends Meeting House. Love offering/donation. Call Susan at 665-0536.

Doing Time, Doing Vipassana: Film and Discussion with Teachers Dr. and Ms. Gandi through Midwest Vipassana Michigan • Feb. 5, 7-9 p.m. at Crazy Wisdom's Community Room • Showing of a film describing Vipassana meditation. Teachers will describe courses to be offered and respond to questions. Free. Call Robert Martin at 810-750-9151 or Purnima Mehta at 248-952-6815.

Vipassana Meditation through Midwest Vipassana Michigan • April 16-27 • Vipassana means "seeing things as they really are." It is a practical method of self-awareness, which makes it possible to face the tensions and problems of daily life in a calm and balanced way. Vipassana meditation can be practiced by anyone and there is not a charge for the teachings. Course expenses are met through voluntary donations of students who have complete a ten-day course. For information, call Purnima Mehta at 248-952-6815.

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion if you prefer. People from any spiritual practice welcome. Donations accepted. Call Anita McKay at 741-0478; mckay@concentric.net.

Advanced Meditation with Penny Weaver • Jan. 11, Feb. 8 or Mar. 8; 10-11:30 p.m. • Learn advanced meditation techniques to improve your psychic abilities. For cost, call 248-374-1070, pennyweaverj@aol.com.

Advanced Meditation Retreat with John Friedlander • April 4-6 • In this seminar, advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and run one's kundalini. Consequently, large, longterm transformations are facilitated. $275 with early payment discount available. For times, call Anita at 741-0478; mckay@concentric.net.

Meditation on the Chakras with Ema Stefanova • Second Saturday in Feb. and March, 3-6 p.m. • Tantric and kundalini yoga practices for safe and pleasant chakra awakening will be practiced. The systems of the chakras will be explained. For cost, call 665-7801; emastefanova@cs.com.

Meditation with Ema Stefanova • Ongoing Sundays, 3:15-4:45 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Students may start at any time. For cost, call 665-7801; emastefanova@cs.com.

The Crazy Wisdom Calendar

Insight (Vipassana) Meditation with Barbara Brodsky and Deep Spring Center Teachers • Tuesdays: Jan. 14, 28, Feb. 11, 25, Mar. 11, 25, April 8, 22, May 6, 20, June 3, 10 or Thursdays: Jan. 16, 30, Feb. 6, 20, Mar. 6, 20, April 3, 17, May 1, 15, 29, June 12; 7:15-9:45 p.m. • Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness - which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. This practice derives from Buddhist teachings but no special religious beliefs are necessary. We perform no religious rituals. The meditation practices are suitable for those of any religion. Each class will begin with a sitting, followed by a talk or instruction and discussion. We will often break into smaller group for discussion. There will be a special focus on deepening practice and bringing meditation into everyday life. We will use the book *Seeking the Heart of Wisdom* by Joseph Goldstein and Jack Kornfield as well as additional readings. Appropriate for continuing students at every level. $30 building fee plus $100 teachers donation for semester, which continues into mid-June. Call 971-3455; info@deepspring.org. You may also call Frank at 734-429-5096, Ann at 734-994-1026 or Dave at 734-662-8317.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • Feb. 28 in the evening through Mar. 2 in the afternoon • The foundations of the weekend are Insight Meditation and deepening mindfulness in every moment. The meditations derive from Buddhist Theravadin tradition but no special religious beliefs are necessary to their practice. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions, evening talks and optional discussion periods with the teachers. Mindfulness throughout the 24 hour day will be a focus. Another focus of this retreat will be the practice of sympathetic joy, that is nurturing joy for others, regardless of our own predicament. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindness and non-dual awareness. $205 for the weekend covers room and board. For a complete flyer, call 971-3455; info@deepspring.org.

Metta Meditation Class with Dottie Coyne and John Gutoskey of Deep Spring Center • Wednesdays, Jan. 15-Feb. 19; 7-9 p.m. • Loving Kindness Meditation, the practice known as Metta, is an easy to learn method to increase happiness and peacefulness in your life. We will be using Sharon Salzberg's book *Loving Kindness: The Revolutionary Art of Happiness*. $30 with optional donation for teachers. Call 971-3455 or John at 761-1497; info@deepspring.org.

Day of Mindfulness with Deep Spring Center • Jan. 18, Feb. 15, Mar. 15, April 19; 9 a.m.-4 p.m. • See above description of Insight Meditation. This day of meditation is suitable for beginning and experienced meditators. There will be instruction in sitting and walking meditation, silent practice and discussion. Mindfulness throughout the day, whether meditating, eating or walking, will be a focus. Please bring a lunch. $25. Call 971-3455; info@deepspring.org.

> Let nothing dim the light that shines from within.
>
> - Maya Angelou

Introduction and Continuing Study of Insight (Vipassana) Meditation with Dianne Austin and Susan Weir of Deep Spring Center, offered jointly with Ann Arbor Rec & Ed • Tuesdays starting Jan. 28, 7:30-9 p.m. • See above description of Insight Meditation. This introductory course will offer the basic instructions for Insight Meditation, and instruction to deepen the practice for continuing students. Students at all levels welcome. No class Feb. 25. $36. Call 971-3455; info@deepspring.org. You may also call Dianne at 665-4298 or Susan at 663-1675.

Menopause

Menopausal Years: The Wise Woman Way with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Feb. 22, 10 a.m.-1 p.m. • We will explore an integrated and positive holistic approach to menopause including suggestions for symptom relief, support for diet and exercises that promote health. We will gain an understanding of what is happening from both the scientific and holistic perspectives. Herbs that are supportive during menopause will also be covered. Includes informal lecture, discussion with question and answer, resource list, handouts, demonstrations with participation optional. $30-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Menopause with Darren Schmidt • Jan. 21, 7-8:30 p.m. at Crazy Wisdom's Community Room • Are you worried that synthetic hormone treatments for menopause are not the most intelligent option? Find out effective treatment options made by Mother Nature and verified by research that are available. Many women have had great relief from menopausal symptoms. Free. Call Tracy at 302-7575; drschmidt@wholisticdoc.com.

Men's Issues

Meeting of Men with Marty Keck and Dennis Wenzel through Visitation • Jan. 23, Feb. 20, Mar. 27, April 24, May 22; 7-9 p.m. • What does it mean to search for God? What does it mean to be Christian men in our society? Reflecting on the lives of Biblical men, we will share our experiences in light of their stories. $20 for series or $5 per session. Call 734-242-5520; visitation@ihmsisters.org.

Men's Issues Therapy Group with Cam Vozar • Mondays starting Jan. 6, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. $35 per session with some insurances accepted. Call 747-9073; cvozar@aol.com.

Gay and Bisexual Men's Therapy Group with Robert Dargel • Two Tuesdays per month, 7:30 -9 p.m. • Supportive, interactive group for bisexual and gay men to explore a variety of issues. $45 per group. For complete information, call 975-1880.

Mid-Life

Mid-Life Transition with Presenters through St. Joseph Mercy Hospital • Mar. 13 and 20, 5:30-7 p.m. • Mid-Life is a time of challenge and change that can sometime threaten our self-assurance and throw us into personal doubt. It can also lead to new quests and offers the opportunity to recognize and develop our talents. $10. Call Debby at the Women's Health Center at 712-5400 or 800-231-2211.

Midwifery

Female Reproductive and Pelvic Anatomy with Amanda Smith through the Holistic Midwifery Institute • Three Fridays, Jan. 24-Feb. 7; Noon-4 p.m. • This course offers an in-depth understanding of human anatomy in relation to pregnancy, birth and postpartum. Skeletal, muscular, organ and soft tissue structures of female pelvic anatomy will be identified. Students will learn to recognize superficial and palpable anatomical landmarks. Visual aids will include illustrations, slides, video, anatomical models and demonstrations. A special focus of the class will be understanding pelvic anatomy in relation to the anatomical mechanisms of birth. $115 with discount offered. Call Patty Brennan at 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

The Art of Midwifery with Patty Brennan and Guest Midwife Teachers through the Holistic Midwifery Institute • 14 Mondays, Feb. 10-May 12; Noon-4 p.m. • This course covers the full scope of homebirth based midwifery care from the initial interview through prenatal care, labor and birth, and postpartum care for both mom and baby. Emphasis is placed on preventing complications and the appropriate use of holistic therapies, including homeopathy, herbs, acupressure, essential oils, flower essences, yoga and more. This class is appropriate for aspiring midwives as well as the practicing midwife, doula, childbirth educator or health care practitioner who wants to expand her/his knowledge and integration of holistic therapies when working with pregnant women. The training will include an opportunity to learn low-tech, hands-on prenatal skills. Students will practice on each other and on pregnant volunteers at various gestational stages. While a medical background is not required, a basic knowledge of childbirth education topics will be presumed. $840 with early payment discount available. Call Patty Brennan at 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Miracles

The Crazy Wisdom Bookstore Salon 2003 - MIRACLES • Miracles in Healing, Thursday, January 16; Miracles in Holy Scripture that Inspire Hope for World Peace, Thursday, February 20; A Course in Miracles, Thursday, March 20; Your Personal Experience with Miracles, Thursday, April 24. • The Salons take place in the Crazy Wisdom Tea Room at 7:30 p.m. • An opportunity to probe the complexities of the world, discuss new ideas, and meet people of different persuasions in an inviting setting on cold winter nights. This first experiment with the Salon format, a forum for inquiry and lively conversation, will focus on Miracles in their myriad manifestations. For more detail, see large ad on page 3. For more information, contact Lucinda Kurtz at 665-9160 or lucindakurtz@comcast.net.

Mothering

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in sessions open to all parents of little ones to share resources, ideas and support for attachment style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs with guest speakers from the community. Free. Call 424-0220; srush86@aol.com.

Basic Training: Survival Skills for New Moms with Presenters through St. Joseph Mercy Hospital • Jan. 11, 9 a.m.-Noon; Jan. 30, 6-9 p.m.; Feb. 8, 9 a.m.-Noon; Mar. 1, 9 a.m.-Noon • Prenatal class designed for women expecting their first baby. $25. Call Debby at the Women's Health Center at 712-5800.

Mothers & Daughters

Heart-to-Heart with Presenters through St. Joseph Mercy Hospital • Feb. 8, 1-5 p.m. • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes pre-teen girls will experience as they enter puberty. $45 for mother and daughter and $10 for each additional daughter or grandmother. Call Debby at the Women's Health Center at 712-5800.

Movement & Dance

Dances of Universal Peace with Siddiq and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, Hebrew, Aramaic or English; but the message is one of love, harmony, beauty, peace and unity. The movements are simple. All is taught. No experience needed. All welcome. $5 donation optional. Call 996-1332; smidd@comcast.net.

Couples Dance Day with Suzanne Zelnik-Geldys through Dance Gallery Studio • Feb. 9, 2-4 p.m. • Taking your sweetie out dancing for Valentine's Day? You'll need lessons first! Learn the basic steps to some of the hottest Latin dance styles in this afternoon workshop. Singles welcome, but will be paired with other dancers at the workshop. $20 per person or $30 per couple. Call Michael Woodberry-Means at 747-8885; www.comnet.org/dancegallery.

Character Dance Series with Slavka Jelinkova through Dance Gallery Studio • Jan. 19, Feb. 2, Mar. 16, April 6; 1-2:30 p.m. • Technique with attitude! Character dance is a special part of historical and folk dancing as well as a large part of most classical ballets. Our own Slavka Jelinkova will explore some of the technique of character dancing with a ballet background. Ballet experience is helpful but not required. Dancers should wear a character skirt and soft-soled shoes with a heel if possible. Students will present a demonstration in the April Showcase. $75 or $60 for DGS students. Call Michael Woodberry-Means at 747-8885; www.comnet.org/dancegallery.

Laban and Bartinieff Workshop with Christine Naughton through Dance Gallery Studio • Mar. 9, 1-3 p.m. • Discover Bartinieff Fundamentals and Laban Movement Analysis in a special two-hour workshop. The first hour will be a lecture and demonstration of the technique. The second hour will be a movement workshop using the tools from the techniques. $20. Call Michael Woodberry-Means at 747-8885; www.comnet.org/dancegallery.

Music & Sound

Healing Evening of Chant by Hildegard of Bingen with Norma Gentile • Feb. 6, 7 p.m. at UM Art Museum • Sound healer Norma Gentile's voice, Tibetan singing bowls, the medieval chant of Hildegard and the amazing acoustics of the Art Museum apse are not to be missed. Bring meditation pillows, backjacks, etc. if you like. Traditional folding chairs provided by the Museum. Free. Contact info@healingchants.com or www.healingchants.com.

Sound and Healing Energy and Chanting: An Experiential Workshop Open to All with Norma Gentile • Feb. 23, 2:30 p.m. at Crazy Wisdom's Community Room • Using breath, visualization and gentle vocal practices to open the body and energy field, you will connect with your healing guide or angel. Letting your healing guide or angel ride on your voice and carry healing to others in your speaking or singing, we will enter into group chanting. Norma will use her Hathor guide, Atamira, and 900-year-old chants of Hildegard von Bingen along with Tibetan singing bowls to provide a unique sound healing to all present. Bring meditation pillows and wear loose clothing. $30 in advance or $35 at the door. Contact info@healingchants.com or www.healingchants.com.

The Spirit of Music: Coming Home to Ourselves with Layla Ananda (Sheila Ritter) through Gateways Center for Life Enrichment • Feb. 22, 7:30 p.m. • This is an evening of song, celebration and connection to the pure light in each of us, as expressed through the music of Layla Ananda. With songs, poems and visual images, Layla will give vision and voice to the clear channel to spirit that we each possess. You are invited to bring a drum, rattle or other rhythm instrument to join in and make your own music and deepen your connection to spirit. $5-$15 suggested donation. Call Gateways at 734-677-8889.

Native American

Sweat Lodge with Janet Nagy • Last Saturday of each month • Cleansing, prayerful ceremonies. $20 donation. Bring a dish to pass. For dates and times, call 734-783-3830.

Nature & Wilderness Awareness

Nature as Teacher with Jeanne Mackey • Feb. 26, Mar. 5 and 12; 7-8:30 p.m. • In three weekly sessions, we will explore ways to enrich our lives through deepening our innate emotional and spiritual connection with the natural world, drawing on the emerging field of ecopsychology. Our ancestors knew a lot about this that we have forgotten. Activities include journaling, discussion, music, experiential exercises and hands-on activities. $25 or $10 per session. Call Lifeforce Chiropractic at 434-9835.

Nutrition & Food Medicine

The Art and Science of Healthy Eating with Renee Curran and Jenny Freels through UM Exhibit Museum• Feb. 19, 7 p.m. • Presenters will talk about a healthy diet and then offer samples of nutritious foods. Part of the Museum's annual Nature of Art and Science series. Free. Call Robin Little at 936-5834; robinal@umich.edu.

Eating the Way Our DNA Evolved: The Cave Dweller Diet with Darren Schmidt, sponsored by the People's Food Coop and Part One of the Spring Nutrition Lectures • Feb. 17, 7-8:30 p.m. at Crazy Wisdom's Community Room • Evolutionary medicine is a new field of study. Its premise: disease would be nonexistent if we ate the foods on which our DNA evolved. This theory is supported by science, clinical experience, anthropology and common sense. Come learn more! Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

Sustainable Eating with Ruth Blackburn, sponsored by the People's Food Coop and Part Two of the Spring Nutrition Lectures • Mar. 5, 7-8:30 p.m. at Crazy Wisdom's Community Room • We've all heard that we are what we eat. But we're also "how" we eat. Come learn some easy ways to sustain your energy and health, simplify your diet and make nutritious decisions that lighten your impact on the planet and other people. Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

Advice from the Nutrition Magician with Judy Stone, sponsored by the People's Food Coop and Part Three of the Spring Nutrition Lectures • April 16, 7-8:30 p.m. at Crazy Wisdom's Community Room • How do we make sense of the vast and complex nutrition information we hear every day? Judy Stone will help us understand nutrition in simple terms. Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

Parenting

Indigo Children with Todd Stockwell of the Serendipity Light Center • April 11, 5-10 p.m. • What is an indigo child? Why do schools often label them A.D.D.? Why are they so difficult for their parents? Discover their unique developmental process so you can teach, parent and understand them. Learn how to get through issues and inspire them to be all they can be! $75. Call 734-669-6739; www.serendipitylightcenter@yahoo.com.

Past Lives

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Jan. 19 or April 19, 1-4 p.m. • Free yourself from the past...change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change...what's in store for you? Limited to six students. $99. Call 248-258-8287; kilmersh@core.com, www.intuitionpath.com.

Pardon Me, Have We Met Somewhere Before? with Debbie Taylor • Mar. 7, 7-9 p.m. • Delve into your past life/lives and how you are affected today, through relationships you've crossed paths with, as well as lessons to be learned. We will explore what purpose illness and phobias serve by what we can learn from the past. Wear comfortable clothes. You may bring a pillow and blanket. $20. Call 734-697-7148 in the evening or 734-697-0888 during the day; debbietylr8@netscape.net.

Peace

Chanting for World Peace at Zen Buddhist Temple • Feb. 2-8; 6:40-7:15 a.m., Noon-12:30 p.m., 7-7:45 p.m. • Join us once or several times in chanting for world peace. This is an excellent way to reinvigorate your spirit for the work ahead. Everyone can find quiet strength in this practice to take into their daily lives. Call 761-6520.

24-Hour World Healing Peace Vigil with Craig Harvey • Jan. 24-25 at Canterbury House, Feb. 14-15 at Zen Buddhist Temple, Mar. 14-15 at Canterbury House, April 11-12 at First Unitarian Universalist Church; 6 p.m. to 6 p.m. • Stop by for 30 minutes or more anytime in these 24-hour periods to join in silent prayer or mindful meditation focused on world peace, understanding and joy. The idea is to keep the loving intention of the circle going continuously for 24 hours as individuals come and go. Free. Call 971-8576; harveyearth@yahoo.com.

Spirit and Peace: What We Can Do to Bring Healing to Our World with Myron Eshowsky • Jan. 29, 7:30 p.m. • Myron will present an approach to peacemaking in our time based on shamanic values about the interconnectedness of the web of life and our place in it as creative and spiritual beings. He will talk from spiritual and shamanic perspective about taking action and having hope in our world. Free. Donations can be made to Pathways Foundation for Peace and Healing. Call Martha Kvaran at 996-2019.

Choose Hope for the Sake of Peace with Michael Whitty • Mar. 19, 7 p.m. • Clarify your role in waging peace in the nuclear age. Develop your legacy for inner and outer peace at home, work and in society. Join us for music and food at The Greenhouse in Ferndale. For complete information, call 248-594-7596; mikewhitty@prodigy.net.

Personal Growth

Boundaries with Karlta Zarley • Mar. 8, 10 a.m.-4 p.m. • If others take advantage of you or your life feels out of control, you may have boundary issues. This class will teach you the five types of boundaries, how to put them in place and keep them where you want them. $95 includes organic vegetarian lunch. Call 734-433-9333.

The Crazy Wisdom Calendar

The Secrets of Manifestation with Martha Stoner • Mar. 30, April 6, 13, 27; 1-3 p.m. at Crazy Wisdom's Community Room • A class for artists, writers, dancers, photographers, entrepreneurs, political activists and anyone who is ready to manifest their inner dream. Includes meditation, conversation, consulting oracles, writing, drawing, chanting and movement. We will explore runic postures - stances that move energy for increased outward flow. Bring your vision to life! $100 for four meetings. Call 734-428-9472; waycard@yahoo.com.

Life Balance and Your Life Dreams with Laura MacKimmie of Life Balance Consultations • Jan. 12 and Mar. 2, 2-5 p.m. at Crazy Wisdom's Community Room • Are the ways of the world causing you to ask questions about your life? If you life feels frazzled or not as fulfilling as you'd like it to be, this workshop will help you see your life dreams, to understand your life purpose and to see how areas of your life could be more balanced to reach these ends. You will take with you a clearer picture of who you are, who you want to become and what it takes to get there. $30. Call 734-434-4440.

Our True Colors: Understand Ourselves and Each Other with Diane Kreger sponsored by the People's Food Coop • Jan. 15, 7-8:30 p.m. at Crazy Wisdom's Community Room • True Colors is a simple exercise to help us discover our strengths, and similarities and differences with those around us. Come read to interact and have fun! You'll gain a better understanding of yourself and others. Great for the whole family! Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

> Some things have to be believed
> to be seen.
> - Mark Victor Hansen

Identifying and Expanding Learning Styles Workshop with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Feb. 8, 10 a.m.-1 p.m. • All students of all classes are encouraged to take this hands-on exploration based workshop. Through games, discussion and demonstrations, you will learn how you learn, how to maximize your learning experience, how to set up the environment best for you and even how to benefit from learning environments that are not ideal. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Choosing to Live Happily with Helen Slomovits sponsored by Community Rec & Ed • Five Wednesdays starting Mar. 5, 7-9 p.m. • Have you ever wished there were a way to become happier, more loving and more effective in your life right now, as it is? This five-week course will give you immediately applicable, practical and inspiring learnings which you can use to create greater happiness, comfort and peace of mind. And being happy not only feels good to you, but frees you to be creative and loving in every aspect of your life. We'll explore gratitude, letting go of judgment and making happiness your priority. We will be using the book *Happiness is a Choice* by Barry Neil Kaufman. Book and a study guide are included in course fee. $90 for Ann Arbor residents. Call 665-0409 or 994-8840 or Community Rec/Ed at 994-2300, ext. 227.

Manifesting Abundance with Todd Stockwell of Serendipity Light Center • Jan. 24, 5-10 p.m. • This is an experiential seminar that will reveal the steps of manifesting what you truly desire to manifest in your life. We will talk about limiting belief systems and how they hold you back. You will learn how to release those beliefs and how to repattern them! $45. Call 734-699-6739; www.serendipitylightcenter@yahoo.com.

Do It Now: Creating the Life of Your Dreams, While Living the Life You Have with Jill Blixt • Jan. 12, 9:30 a.m.-4:30 p.m. • We often long to make changes in our lives but stall because we don't know how to get from where we are to where we want to be. We also may not even be able to be specific about what we want to create. Come explore your dreams and desires, detail them and create a practical plan to bring them into reality. $85 includes lunch and materials or $65 if two people come together. Call 665-4577; jillblixt@aol.com.

The Art and Craft of Manifesting Your Heart's Desire with Jill Blixt • 13 Mondays beginning Jan. 7, 6:30-9:45 p.m. • We long to have a life that is filled with fun, success and enjoyment. But often we don't know what it is that would bring us that joy and happiness. Through a step-by-step process, we not only will discover buried dreams but work with tools to manifest them. We will be using Sonia Choquette's *Your Heart's Desire: Instructions for Creating the Life You Really Want*. Through writing, collage and creative play, renew your optimism and create a map for manifesting your heart's desire. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Emotional Freedom Therapy with Bronwen Wildflower Gates • Jan. 13 or Feb. 10, 6:30-9:30 p.m. or Mar. 15, 1:30-4:30 p.m. • This workshop teaches an easy-to-learn transformative technique that was originally developed and popularized for its effectiveness in heaing the impact of trauma and eliminating phobias, but also has widespread application in other stressful areas like weight loss, addiction and esteem issues. EFT does not require that you believe anything. It is based on your body's "wiring" and chemistry. It is a wonderful tool to have in your healing toolbox. $40. Call 734-424-2744; bronwild@aol.com.

In Search of Beauty: Your Soul's Journey Home with Bronwen Wildflower Gates • Jan. 31, 6:30-9:45 p.m. and Feb. 1, 9:45 a.m.-3:30 p.m.; First Sunday of each month for 9 months beginning Mar. 2, 9 a.m.-1:45 p.m. • Beauty is the expression and voice of the Soul, and you can find your Soul's Story in the mythic truth that lies embedded within our beloved fairy stories, the tales of Faerie. We will start with the story we know as Sleeping Beauty, and learn the seven faces of the Soul. If you choose, you can then add a story one Sunday each month to weave together the fabric of the many facets of your unique Soul's Story. $108 for the night and a day; $33 for Friday only; $63 per month for each Sunday. Call 734-424-2744; bronwild@aol.com.

The Planet Mars

Mars 101 Public Lecture with James Gleason of UM Exhibit Museum • Jan. 29, 7 p.m. • Introduction to the geology of the planet Mars. Learn what makes Mars unique and interesting! Free. Call Robin Little at 936-5834; robinal@umich.edu.

Mars 102 Public Lecture with Students from the UM College of Engineering Mars Rover Team • Feb. 5, 7 p.m. at UM Exhibit Museum • Students will talk about the Mars Rover they have designed and the current project, where it is on site at Mission Control in Utah. What makes Mars exploration a challenge? What kind of research can we do there? Part of a semester-long series of events: The Exhibit Museum Goes to Mars! Free. Call Robin Little at 936-5834; robinal@umich.edu.

Journey to Mars Discovery Day • Mar. 22, 10 a.m.-4 p.m. at UM Exhibit Museum • Day-long activities include talks by Jack Lousma, former NASA astronaut and Jim Fitzgerald, NASA educator; Mars Habitation Module and Lunar Rover on display, with live feed to Mission Control in Utah; hands-on activities; planetarium shows; Mars Rover Team videos; contest to win a family trip with the Mars Rover Student Team and other prizes. Part of a semester-long series of events: The Exhibit Museum Goes to Mars! Free. Call Robin Little at 936-5834; robinal@umich.edu.

What's Next for Mars? Public Lecture with Dr. Kathryn Clark through UM Exhibit Museum • April 13, 3 p.m. • Public lecture on Mars exploration. Part of a semester-long series of events: The Exhibit Museum Goes to Mars! Free. Call Robin Little at 936-5834; robinal@umich.edu.

Polarity Therapy

Beginning Polarity Therapy Level I with John Bodary, Karen Kerns, Sandra Papiez and Renee Rutz • Mar. 3, 17, 31, April 14, 28, May 19, June 2, 16; 6:30-10:30 p.m. • Basic polarity therapy, energy balancing techniques, exercise and diet are introduced. $80 per class includes one hour private session with instructor. Call Polarity Center at 313-582-5034.

Polarity Therapy: Using Energy as a Healing Art with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • An eight-week introduction to Polarity Therapy, a healing approach using hands-on body work, nutrition, exercise and understanding. There will be lots of time for hands-on work in each class, as well as an interesting nutritional experience. I have taught this class for more than twenty years. For complete information, call 662-4902; feldt@holisticwisdom.org.

Prayer

Wednesday Evening Prayer with Visitation Staff • Wednesdays, 7:30 p.m. • Awareness of our interconnectedness to the earth and to all people shapes the framework of our prayer. Everyone is welcome to be a part of this praying community. The evenings focus on a rotation of themes: healing, praise (taize vespers), attentive listening, thanksgiving (eucharistic liturgy) and global consciousness. No prayer Jan. 1, Jan. 8 or April 16. Free. Call 734-242-5520; visitation@ihmsisters.org.

Sitting Prayer at Visitation • Mondays, Noon-12:30 p.m. • This quiet time is an opportunity to connect with God as the center of our being within a community of praying people. Everyone is welcome. Presence for the full half hour is expected. Free. Call 734-242-5520; visitation@ihmsisters.org.

Professional Enrichment

Train as an Herb Specialist with Cindy Klement • Seven Tuesdays, Feb. 18-April 1; 7-8:30 p.m. • Feel confident about creating herbal programs and presenting herbs. Learn about human physiology and nutrition. Share the gift of good health with others and their current medical needs. Be motivated to grow! Make a huge difference in your life and the lives of others along with supplementing your income. $35 includes 200 page manual and 20 hours of recorded information. Call 975-2444.

700 Clock Hour Massage Therapy Program Professional Training with Various Core Instructors at Ann Arbor Institute of Massage Therapy • Classes begin Feb. 26 • AAIMT is dedicated to assist each student in achieving excellence in the therapeutic skills, the personal awareness and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage and various components and related approaches to therapeutic massage. $25 application fee, $50 registration fee, $6,700 tuition. Call 677-4430 ext. 23 or fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Professional and Ethical Boundaries with Jane Anderson and Jocelyn Granger at Ann Arbor Institute of Massage Therapy • April 2, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This class covers the general aspects of professional and ethical boundaries including confidentiality, sexual misconduct and massage therapy and intimacy. 3.5 CEU's. $47. Call 677-4430 ext. 23 or fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

The Accelerated Healer Development Program with Eve Wilson and Richard Marwood • Begins Jan. 30, alternate Thursdays, 11 a.m.-2 p.m. for one year • International Certification for UCM Healer Practitioners. A year long exploration into the light, depth and power of the human being beginning from a foundation of unconditional love. Tools include the healing Qabalah, aura reading and repair, inner child work, power animals, physical healing and much more. CEU's available. $2,800 to be paid as you go. Call 248-647-3241; hdp_alchemy@comcast.net.

Reiki

Reiki Healing Circle with Robert Hughes • Second Wednesday of each month: Jan. 8, Feb. 12, Mar. 12, April 9; 7-9:30 p.m. at Crazy Wisdom's Community Room • An invitation to experience Reiki and other healing modalities in a safe and sacred space. All welcome to practice or receive therapeutic touch. Let's bring healing and greater community to the Ann Arbor area. Donations welcome. Call 961-9866; robertkhughes@yahoo.com.

Reiki I with Penny Weaver • Jan. 8 or Feb. 12; 7-10 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki II with Penny Weaver • Jan. 15 or Mar. 19; 7-10 p.m. • Learn to use the life force energy in your hands to balance your own energy and that of others. For cost, call 248-374-1070, pennyweaverj@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Jan. 17-19 or Mar. 14-16; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 7-8; Friday 7-9 p.m., Saturday 10 a.m.-4 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Feb. 5, 7-9 p.m. • Reiki Alliance Master Suzy Wienckowski speaks on the Usui System of Reiki Healing. See above listing for description of Reiki. Free mini-treatments will be offered. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Jan. 12, Feb. 9, Mar. 9 or April 5; 9-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Mar. 29 and 30; Saturday 6-10 p.m., Sunday 10-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Jan. 9, Feb. 6, Mar. 6, April 3; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Feb. 9, 9 a.m.-6 p.m. and Feb. 10, 7-9:30 p.m. or April 5, 9 a.m.-6 p.m. and April 7, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend the class. For cost, call 663-9724; intuitivehealth@aol.com.

> Embrace your uniqueness. Time is much too short to be living someone else's life.
>
> \- Kobi Yamada

Usui Reiki Level I and II Classes with Elena Gillespie • April 19, Noon-5 p.m. and April 20, Noon-4 p.m. • Gain the tools to help heal yourself, your friends and anybody else you can lay your hands on! Reiki Level I on Saturday and Level II on Sunday. Either class can be taken separately but it is recommended that they be taken together. Students will receive an in depth manual written by the teacher. $95 for Level I, $125 for Level II or $200 for both. Call 482-4078.

Relaxation & Stress Management

Stress Reduction Using Subtle Energy Techniques with Cathy Mercer and Donna Sienicki • Jan. 27, 7-9 p.m. at Crazy Wisdom's Community Room • Join us to learn a simple, effective 5 minute daily routine that helps you feel more balanced and calm and helps move the effects of stress out of your body. You will also learn how to calm the fight or flight response to stress in order to strengthen your immune system. Working with the neurovascular and lymphatic system as well as acupressure points, you will learn simple ways to reprogram your response to stress. Also learn an energy testing technique that gives you biofeedback without gadgets. Based on *Energy Medicine* by Donna Eden. $20. Call Cathy at 663-3574; rsienicki@hotmail.com.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Jan. 22, 12-1:30 p.m.; Part 2: Jan. 29, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your wellbeing. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Ritual Magic

Self Mastery through Ritual with Todd Stockwell of Serendipity Light Center • Mar. 8, 9 a.m.-5 p.m. • In this introductory seminar in ritual magick, you will learn some of the foundational tools used by ritual masters for thousands of years to increase the knowledge, power and connection to God. You will learn powerful rituals for empowerment, healing, protection and for creating more abundance in your life. $222. Call 734-699-6739; www.serendipitylightcenter@yahoo.com.

Shamanism

Red Lodge: Shamanic Training in the Sweet Medicine SunDance Tradition through the Flowering Tree Lodge with Debbie Mast • Mar. 27 or April 15, 7-10 p.m. • An introduction to Red Lodge, a year long program in shamanic teachings and ceremonies which connect you to the natural world and unify your emotions, body, mind, spirit and sexuality. A one-hour description of the program is followed by an optional Sweat Lodge ceremony. Free. Call 248-541-5267; ftreelodge@aol.com or www.floweringtreelodge.net.

Shaman Spirit Energy with Penny Weaver • Feb. 15, 10 a.m.-5 p.m. • Steep yourself in sacred space and receive wisdom and messages through Shaman Journey. Qabalah gateways will be utilized. For cost, call 248-374-1070; pennyweaverj@aol.com.

Introduction to Shamanism with Kate Durda • Jan. 11, 1-5 p.m. or Feb. 8, 9 a.m.-4 p.m. in Lansing • Experiential training in the Shamanic Journey. One of the most remarkable methods to enter into the world of the spirit, or non-ordinary reality, to access personal truths, healing and peace, and to enhance creativity and oneness with the world. $50 for Jan. 11th class. $65 for Feb. 8th class. Call 517-543-6754; spiritweaver@voyager.net.

A Dream Into Reality: A Spiritual Earth Commitment with Elizabeth Alberda and Vera Lucia Moura • Jan. 25, Feb. 22, Mar. 22 or April 26; 10 a.m.-4 p.m. • You are invited to explore a life dream you want to manifest by working in the shamanic tradition, a cultivation of the heart, with the element of water. You will come face to face with your fears and sorrow that prevent the actualization of your dream. The experience will be in a beautiful sacred environment indoors and outside near a small river in Ann Arbor. $85. Call Elizabeth at 663-5457 or ealberda@comcast.net. Call Vera at 769-9826 or vlmoura@umich.edu.

The Crazy Wisdom Calendar

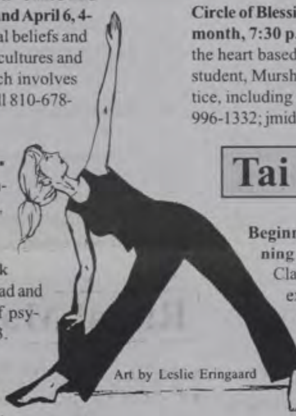
Spiritual Development

You're Not Who You Think You Are and **Looking For Love in All the Wrong Places with Brenda Morgan • Jan. 17 and Mar. 14, 7-9 p.m.** • Brenda's spiritual transformation, in which Inner Enlightenment/No Mind Within has occurred, will be the basis for these spiritual seminars. Through meditation and dialogue, she will help participants explore how to feel beyond the body mind in the midst of a Westerner's life, sharing simple ways to begin to stabilize one's attention upon God so the higher physics of transformation can take hold. $35. Call Susan Fancy at 665-0536.

A Gathering in Spirit with Brenda Morgan • Jan. 18 and Mar. 15, 9-4 p.m. • A daylong spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan Fancy at 665-0536.

Dancing with Mystery with Judith Bonini ihm of Visitation • May 17, 9:30 a.m.-3:30 p.m. • Come aside, take time to relax and open your heart. Allow God to partner you in the dance of life, to grace you and lead you deeper into mystery. $50. Call 734-242-5520; visitation@ihmsisters.org.

Tantric Spirituality Study and Practice Group with Sheree Johnson • Jan. 5 and Feb. 2, 4-6 p.m. at Crazy Wisdom's Community Room; also Mar. 2 and April 6, 4-6 p.m. (at a different location) • Participants explore the fundamental beliefs and practices of Tantra as taught by masters from various backgrounds, cultures and dispensations. Includes lecture, group discussion and practice which involves mantra, meditation, pranic breathing and asanas. Freewill offering. Call 810-678-2759; shereejohnson@thespiritofnature.com.



Art by Leslie Eringaard

Angels of the Qabalah with Penny Weaver • Jan. 18, 10 a.m.-5 p.m. • Walk the Sacred Qabalah. Experience different levels of your consciousness. Channel various angels and their messages. For cost, call 248-374-1070; pennyweaverj@aol.com.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork Inc. • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

An Introduction to the Pathwork Teachings: A Lecture Study Series • Times and dates TBA • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studies and subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864.

An Introduction to the Pathwork Teachings: A Lecture Study/Process Series • Four workshops offered Saturdays or Sundays, 10 a.m.-6 p.m., dates TBA • This four-part series combines lecture study with process work to teach and experience the basic concepts expressed in the Pathwork lectures. Using a thematic approach, this series creates and deepens personal understanding of the teachings through education, discussion and the application of these concepts to one's own life. The four parts are: Returning to Wholeness: Navigating the Journey of the Soul; Who Am I Really? An Exploration of the Levels of the Human Personality; The Origin of the Wound: Exploring Child Consciousness; and Developing the Conscious Ego: A Spiritual Practice. $125 for each session. Call Lisa Wolf at 930-0864.

Everyday Mystics with Julie Viera through Visitation • Mar. 2, 9, 16, 23, 30; 3-4:15 p.m. • Everyday Mystics will help participants become aware of God in every aspect of their lives. $25 for series or $10 per talk. Call 734-242-5520; visitation@ihmsisters.org.

The Mystery of Mandalas with Christella Carbaugh through Visitation • Mar. 22, 9:30 a.m.-3:30 p.m. • Come join the circle of searchers to draw, to dance, to be encircled by God's loving presence. This day of prayer is about learning to trust yourself and to use the simple rules of drawing mandalas. No artistic talent is required. $50 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

Diamond Heart Seminar: The Qualities of Being with Kirk Dennis • Feb. 15 and Feb. 16, 9:30 a.m.-5 p.m. • Ongoing seminar based on the work of A.H. Almaas. This seminar focuses on the nature of the soul and obstacles to its recognition and unfoldment. Methods include meditation, exercises, inquiry, lectures, questions and comments. $200 includes additional small group evening. Call John Cardwell at 994-5320; johncardw@juno.com.

Satsang with Solane Verrain • April 25, 7:30-9:30 and April 26-27, 10 a.m.-5 p.m. each day • Satsang is the open inquiry into the truth of being - meditation, dialogue, exercises to clarify and deepen each individual's realization of true being. $10 donation for Friday. $100 for weekend. Call John Cardwell at 994-5320; johncardw@juno.com.

Video Satsang with Eli or Gangaji with John Cardwell • Monthly showing of a Satsang video with Gangaji or Eli, in the lineage of Ramana Maharshi • Satsang is the open inquiry into the truth of being, done in a group setting, including meditation and dialogue to clarify, support and guide each person's direct realization of true nature. Free. Call John Cardwell at 994-5320; johncardw@juno.com.

Flower of Life Workshop: 2000+ with Lorna Brown • Feb. 1 and 2, 9 a.m.-5 p.m. each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlab6@aol.com.

Merkaba Support Group with Lorna Brown through Gateways Center for Life Enrichment • Feb. 15, Noon-4 p.m. • Join other Flower of Life graduates in a time of support, renewal and sharing with this ongoing group. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Dreams, Past Lives and Soul Travel: Keys to Spiritual Truth with Local Members of Eckankar, Religion of the Light and Sound of God • Jan. 20, Feb. 24, Mar. 17, April 21; 7:30-8:30 p.m. • Learn spiritual exercises to help you find guidance from your dreams, understand valuable lessons from your past lives, discover timeless truths with soul travel and solve everyday problems from a greater awareness. Free. Call 994-0766.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Name. Free. For dates, call 996-1332; jmidd@comcast.net.

Tai Chi & Martial Arts

Beginning Class in Chen Style Tai Chi Chuan with Great Lakes Wushu • Beginning Jan. 6, Mondays and Thursdays, 5:45-6:45 p.m.; Saturdays, 10-11 a.m. • Class will learn a 36 movement form. Training includes basic stances, silk reeling exercises and basic kicks. $85 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Yin Style Baguazhang Study Group with Great Lakes Wushu • Mondays and Thursdays, 7:40-9:30 p.m. • Class involves training in the lion system of yin style baguazhang: strengthening postures, strikes, kicks, applications and turning the circle. $85 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Beginners Class, Wu Style Tai Chi Chuan with Genie Parker • Thursdays, 6:30-7:30 p.m. • Wu Style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $25 per month with student and senior rates available. Call 248-543-3737; wustyle-annarbor.com or info@wustyle-annarbor.com.

Kang Nei Chin Kung Fu with Ryan R. Wilson through Martial Medicinal Way • 8 weeks basics class: Wednesdays, Feb. 5-Mar. 26; 8:30-9:30 p.m.; Free Introductory Class Tuesdays, 7:30-9:30 p.m. • This ancient Chinese art is a phenomenal tool for self-awareness and self-development. Learn about Kang Nei Chin Gung Fu (The Chinese Martial Art of Unyielding Internal Strength) which teaches classical forms, street-smart self-defense, intuitive assessment and principles of the Warrior/Healer/Monk. This art is devoted to the cultivation and proper use of internal energy for heightening intuitive/full-sensory capacities, optimizing physical fitness and connecting with one's path. $119. Call Raevan at 975-9429; wuyaodao@aol.com.

Kang Nei Chin Qi Gung with Ryan R. Wilson through Martial Medicinal Way • 8 weeks basics class: Wednesdays, Feb. 5-Mar. 26; 7:30-8:30 p.m.; Free Introductory Class Tuesdays, 7:30-9:30 p.m. • Learn ancient Chinese techniques of internal energy development for relaxation, healing and self-awareness. The focus of these classes is on bioenergetic (chi) awareness and cultivation for clearing energy blockages, revitalizing the body's primary systems and realizing one's true path and potential. Classes include meditative qi gung forms, methods of breath control and energy sensitization techniques. $119. Call Raevan at 975-9429; wuyaodao@aol.com.

Iron Body Martial Qi Gung Training Seminars with Ryan R. Wilson through Martial Medicinal Way • Jan. 11, Feb. 8, Mar. 15, April 5; 9:30 a.m.-2:30 p.m. • This advanced Iron Body training is open to practitioners of any martial art style. It is designed to compliment and enhance training through focused development of Unyielding Internal Strength that can then be channeled with precise control and awareness. Learn advance qi-breath and iron-body techniques that enable one to sustain multiple lethal blows to the neck, throat, groin, kidneys, floating ribs, heart and solar plexus without injury. Seminar will also address precision nerve point striking and qi blows to disable the vital nerve-plexes of the body. The focus of these seminars is on the advancement of one's internal energy system with the ultimate purpose being the preservation of all life, including any assailants'. Students interested in seminar

Carole Kirby is an Imago Therapist, and she leads Couples Workshops.

"Couples get stuck in a power struggle that baffles them. With guidance, they can discover the underlying reasons and use these conflicts for growth and healing. I truly love my work and feel fortunate as a therapist/coach to be able to guide couples through the maze of their hurt, misunderstandings, and disconnection to insight and more intimate connection. It's so rewarding to be a part of a couple's transformation!"

Tai Chi & Martial Arts (continued)

Hands-On Qi Gung Healing Workshop with Ryan R. Wilson through Martial Medicinal Way • Jan. 25, Feb. 22, Mar. 29, April 19; 9:30 a.m.-2:30 p.m. • Qi, the vital energy of the universe, is infinitely available for use in all aspects of our lives and beings. When this energy is appropriately focused for restorative purposes, the healing effects experienced on multiple levels of our being can be phenomenal. This workshop offers primary techniques and principles of ancient medicinal qi gung practices. Participants will become familiar with major and minor energy meridians, vortexes and points, intrinsic concepts of vital energy and subtle, non-invasive methods of working with this energy hands-on. This workshop is open to everyone from beginning to professional healers. $89 per seminar. Call Raevan at 975-9429; wuyaodao@aol.com.

Tai Chi Chuan with Evie Craig ihm through Visitation • Tuesdays, Jan. 28-Mar. 4; 7-8:15 p.m. • Tai Chi invites us to be attentive and deeply focused in the center of our being. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $45. Call 734-242-5520; visitation@ihmsisters.org.

Tai Chi Chuan Beginner Class with Master Wasentha Young • Jan. 6-April 5; Mondays, 6-7:15 p.m. and/or Saturdays, 10-11:15 a.m. • Tai chi chuan is a Chinese internal style of martial arts. It emphasizes the integration and cultivation of the internal energy with the body and mind by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through tai chi chuan's unique, slow and graceful movements and breathing coordination. Tai chi chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Push Hands with Master Wasentha Young • Jan. 6-April 5; Tuesdays, 8:15-9:15 p.m. • After completing the tai chi chuan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield and neutralize force, ripples outside the class as one gains a sense of personal boundaries as they relate to oneself and others. $140. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword with Master Wasentha Young • Jan. 6-April 5; Wednesdays, 8-9 p.m. • The Tai Chi Chuan Sword Form (double edged) is the most fluid of all the forms in tai chi chuan. Because of its fluidity, it represents the element water, and is therefore considered the highest of all weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $140. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the 5 Element Theory with Master Wasentha Young • Jan. 6-April 5; Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of chi kung: imagery and movement, Chinese Yoga and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi with Genie Britt of Jewel Heart • Ongoing Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested site donation. Call 994-3387; office@jewelheart.org.

Tarot & Divination

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Tuesdays, 7-10 p.m. • $1 per minute • No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

Drop-In Tarot Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • $1 per minute • No appointment necessary. Call 734-429-5138 if you prefer to schedule a reading.

Tarot - 78 Reflections of Life's Journey with Jeanne Adwani • Mar. 13, 20, 27, April 3, 10, 17, 24, May 1; 7-9:30 p.m. at Crazy Wisdom's Community Room • Each class is designed to deepen the mythic stories that live within each card. What do you see, feel, know? What is the journey? Limited enrollment. $160 for eight classes. Call 662-8909; jeanne@intoowitgirl.com.

Theatre

The Center for Sacred Theatre with Peggy Nash Rubin through Windrise Spirituality Center • Feb. 28-Mar. 2 • Themes: The Black Madonna and the Darker Face of the Earth. Sacred Theatre is a way of looking at the world and yourself that invites you to dedicate your life to a sacred audience, and play it fully with passion and power. In these workshops, we investigate nine major aspects of traditional drama, and apply each of them to our individual lives. $350 includes meals and lodging. For complete information, call 810-678-3290; estela@windrise.com.

Empatheatre Performances with Sara Schreiber • Jan. 10: Weighing In; Feb. 14: Gender Bender; Mar. 14: Divine Intervention; April 11: I'm Good Enough at Kerrytown Concert House • Empatheatre invites audience members to anonymously write down their stories, real-life and otherwise, which become a springboard for the performers' improvisations. Audience members watch their stories come alive. Performances begin at 8 p.m.; doors open at 7:15 p.m. $15 first four rows; $12 general seating; $10 students and seniors. Call 913-9733; www.empatheatre.org.

Therapy & Support Groups

OCD: Controlling Obsessive Compulsive Behavior with Laurie Krauth and Laura Nisenson • Wednesdays, 6-8 p.m. • This 9-week group will use a cognitive-behavioral (CBT) model to reduce symptoms and manage OCD. $50 per session. Call Laurie at 222-4655; lkrauth@comcast.net.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 12 weeks beginning Sunday, Feb. 9; 6:30-8:30 p.m. • Tapestries is a group for survivors of sexual trauma that is oriented towards building and strengthening skills and resources for coping with the impact of that trauma on our physical, emotional and spiritual wellbeing. Through guided discussions, creative activities and the development of supportive relationships with each other, survivors are able to reduce the disturbance from distressing symptoms, such as flashbacks and nightmares, and further their journey of healing. $50 with sliding scale available per session. Call Anita at 332-0669.

Touchstone Group Support Program for Women Survivors of Sexual Assault and Childhood Sexual Abuse with Cathryn Antkowiak-Howard of Sexual Assault Crisis Center • Wednesdays starting Jan. 23, 6:30-8:30 p.m. • Touchstone is a two-phase program for women survivors of sexualized violence. Phase I is an eight-week information and discussion series covering topics specific to recovery from sexual assault and child sexual abuse. Phase II is an 18-week therapeutic support group. Free, but a $4 donation per session is greatly appreciated. Call Cathryn Antkowiak-Howard at 971-3695, ext. 122.

Women's Psychotherapy Group with Suzanne Eastman • Wednesdays, 7-9 • Openings for women committed to personal growth within a nurturing and honest environment. $25. Call 665-9588; suzanne@home.msen.com.

Returning to Wholeness, Navigating the Journey of the Soul with Lisa C. Wolf • Ongoing Tuesdays or Wednesdays, 7-9 p.m. • A process-oriented therapy group that combines the psychological with the spiritual to discover the soul's journey and to find the very best of one's self. $40 per session. Call 930-0864.

The Crazy Wisdom Calendar

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Ongoing Tuesdays or Wednesdays, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

From Crisis to Wellness: An Intensive Psychotherapy Program with Kathy Blough and Mark Blough • Mondays 11 a.m.-1 p.m. and Thursdays 10 a.m.-Noon • This program is for people diagnosed with borderline or other mental health diagnosis, and experience depression, anxiety, suicidal feelings or engage in self-harming behaviors. The program focuses on healing of trauma and relationships and changing harmful behaviors to mindful choices. $125 per week. Call Kathy at 913-5404 or Mark at 769-8283; sagepointinstitute@hotmail.com.

Ongoing Group Psychotherapy with Mark Blough • Mondays 7-9:30 p.m. or Thursdays 10-Noon • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues are addressed in a safe and nurturing environment. $50 per session. Call 769-8283; mblough@comcast.net.

Womenspirit

Essence Point Women's Circle • Third Tuesday of each month: Jan. 21, Feb. 18, Mar. 18, April 15; 7-9 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 428-8748.

Goddesses of the Qabalah with Penny Weaver • Mar. 15, 10 a.m.-5 p.m. • Experience the different levels of your Goddess consciousness. Connect to various Goddesses and their divine messages. For cost, call 248-374-1070; pennyweaverj@aol.com.

The Power of Women and the Poor: Gospel of Luke with Mary Bea Keeley through Visitation • Feb. 20, 27, Mar. 6; 7-8 p.m. • Participants will explore Jesus' inclusion of women and his preference for the poor in the Gospel of Luke and consider how the Lukan Jesus would respond to contemporary issues around women, the poor and the earth. $10-$20 donation. Call 734-242-5520; visitation@ihmsisters.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 6, Noon-1:30; Part 2: Jan. 13, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Jan. 7, Noon-1:30; Part 2: Jan. 14, Noon-1:30 • If you or a loved one is anticipating or experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Writing & Poetry

Open Mic Poetry Night at Crazy Wisdom Bookstore • Every Wednesday, 7-9:30 p.m. • Open mic poetry. Sign-up begins at 6:30 p.m. Readings from featured artists and poets, third Wednesday of each month. Free. Call Amelia at 665-9468.

The Writer and Contemplative Practice with Martha Stoner • Feb. 14-16 • A time of solitude alternating with contemplative practice for writers. A nurturing weekend for the inner voice. $250 includes two nights lodging at the Gilchrist Retreat Center in Three Rivers. Call 734-428-9472; waycard@yahoo.com.

Life Lines Series: Revising Your Life Story with Rasheena Taub at Crazy Wisdom's Community Room • Six Tuesdays beginning Jan. 21, 10 a.m.-Noon • The act of telling your stories, whether privately in a journal or publicly in conversation, can be self-healing. This self-paced writing workshop provides instruction for responding creatively to life's blessings and challenges and offers opportunities to revise life-altering experiences that have story potential. $30 per class with private tutorials by appointment. Call 827-1133; rasheena@writersdesk.net.

Life Lines Series: Creating a Narrative Album with Rasheena Taub at Crazy Wisdom's Community Room • Six Thursdays beginning Jan. 23, 10 a.m.-Noon • How do you record and preserve the images of your life story? Learn the principles of photography as a form of creative expression and means of storytelling. Inspire your personal viewpoint by exploring subject matter from self-selected photographs. These themed writings will frame your snapshots and be compiled into a sacred heirloom: a visual and voice-driven narrative album. $30 per class with private tutorials by appointment. Call 827-1133; rasheena@writersdesk.net.

Memoir: Writing Yourself Home with Jill Blixt • Six Saturday mornings beginning Feb. 8 • It is said that we are the only ones who can tell our story and say what it means. Our stories have the power to heal us. Telling our stories helps us harvest the gifts from our experience. Telling our stories also helps us identify our dreams and desires for the future. We will use proven writing practice techniques to put our stories on paper. This workshop is for anyone who yearns to tell their story. All that's required is willingness. $30 per week includes brunch and materials. Call 665-4577; jillblixt@aol.com.

Yoga

The Benefits of Bikram Yoga with Lora Rosenbaum sponsored by the People's Food Coop • Jan. 9, 7 p.m. at Crazy Wisdom's Community Room • Bikram yoga can bring health to the mind, body and soul. Learn about what Bikram yoga is, who Bikram is and how this yoga practice can benefit you. Free. Call Laura Meisler at 994-4589; pfc@izzy.net.

Partner Yoga Workshop with Cathy King and Michele Gage • Jan. 26, 2:30-4:30 p.m. • Learn fun and creative ways to give and receive support in a variety of yoga postures. Not necessary to attend with a partner. $20 per person or $35 for two people registering together. Call Cathy at 517-592-8017; kingcm@dmci.net or www.ibyoga.com.

Vinyasa, Kundalini and Power Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • For times, dates and cost, call 761-8409; cdeburton@hotmail.com.

Classical Yoga with Bharti Shah • Call for dates and times • Experience how yoga can enhance your flexibility, strength and overall wellbeing. This class takes a holistic approach emphasizing both physical and emotional wellbeing. The practices will include asanas, pranayamas and relaxation. All ages and levels welcome. $56 for 7 weeks or $10 drop-in. Call 623-2091; bshah_hm@hotmail.com.

Babaji's Kriya Yoga Level One Initiation with Devananda • April 4-6, beginning Friday at 6 p.m. • Babaji's Kriya Yoga is a scientific art of perfect God Truth union and self-realization. It was revived by a great master of India, Babaji Nagaraj, as a synthesis of ancient teachings of the 18 Siddha tradition. During this weekend, you will learn hatha yoga to relax and energize the body, a powerful pranayama breathing technique to awaken subtle energies and an effective meditation technique to clear the subconscious and help bring about self-realization. $300 includes vegetarian meals and lodging. Call Sheree at 810-678-2759; shereejohnson@thespiritofnature.com.

Ongoing Beginning, Intermediate and Continuing Hatha Yoga Classes with Cathy King, Martha Laatsch and Lynette Smith through Inward Bound Yoga Program at Friends Meeting House • For brochure of complete information, call 327-4963; info@ibyoga.com.

Astanga Yoga with Jonathan Tyman of Inward Bound • Saturdays, 8:15-10 a.m. • For complete information, call 997-9344; tyman@umich.edu.

Slow Flow with Lynette Smith of Inward Bound • Tuesdays, 4:30-5:30 p.m. • For more information, call 995-0741; lynettes@umich.edu.

Wake-up Yoga with Barb Linderman of Inward Bound • Wednesdays, 7:30-8:30 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Deep Stretch with Cathy King of Inward Bound • Thursdays, 4:15-5:15 p.m. • For complete information, call 517-592-8017; kingcm@dmci.net.

Postures to Sacred Music with Barb Linderman of Inward Bound • Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562; gfl@umich.edu.

Kripalu Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 9:30-11 a.m. or Thursdays, 10-11:30 a.m. • For complete information, call 930-0192.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Wednesdays, 4:30-5:15 p.m. • For complete information, call 994-6130; billbarbmo@aol.com.

Prenatal and Postnatal Yoga with Barbara Brookens-Harvey of Inward Bound • Prenatal class: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12:15 p.m. • For complete information, call 994-6130; billbarbmo@aol.com.

Sun and Moon Yoga with Cathy King of Inward Bound • Mondays, 4:30-5:30 p.m. • For complete information, call 517-592-8017; kingcm@dmci.net.

Wake-Up Yoga with Barb Linderman of Inward Bound • Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Yoga Class through Zen Buddhist Temple • Six Tuesdays beginning Jan. 7, Mar. 4 and April 22; Yoga I: 6-7:15 p.m., Yoga II: 7:30-9 p.m. • Beginning and experienced students will learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520; a2buddha@aol.com.

Yoga (continued)

Moonlight Yoga with Sondra O'Donnell • Tuesdays, 7:30-9 p.m. • Relaxing and restorative postures in a balanced practice sequence to create clarity of mind and calm, balanced awareness. For cost, contact www.annarboryoga.com.

Yoga for Strength with Sondra O'Donnell • Thursdays, 5:45-7:15 p.m. • Bring awareness in the body through postures and breath that build strength, concentration and grace. Suitable for all ability levels. For cost, contact www.annarboryoga.com.

Better Backs Yoga with Sondra O'Donnell • Tuesdays, 5:45 p.m. or Thursdays, 7:30-9 p.m. • Special attention is paid to creating space and releasing tension in muscles and joints that manifest in the physical body. Mental awareness and physical balance create grace, vitality and peace in the body, breath and being. For cost, contact www.annarboryoga.com.

Karma Yoga for Inner Balance with Sondra O'Donnell • Mondays, Jan. 6, 13, 20, 27; 7:30-9 p.m. • Benefit for the Ann Arbor Cooperative Nursery. This well-rounded yoga class promotes harmony in the body and clarity of mind. Use as an introduction to yoga or as a continuation of an established practice. $40. Call Debra at 332-4776; www.annarboryoga.com.

Isha Yoga: The Inner Engineering with Sadhguru Jaggi Vasudev • Jan. 29, 7-9 p.m. • As we have physical science to create external wellbeing, there is a whole inner dimension of science to create inner wellbeing. Sadhguru calls this inner engineering. Once given the tools to rejuvenate and balance their energies, people can optimize physical, mental and spiritual health. Sadhguru will introduce Isha Yoga and also be open to questions pertaining to all aspects of human health and wellbeing. Free. Call Dorrie Rosenblatt at 665-4186.

Health and Yoga with Sadhguru Jaggi Vasudev • Jan. 30, 6:30 p.m. • Never in history has humanity been as comfortable, yet insecure as it is now. Insecurity manifests itself as fear, anger, stress and causes numerous ailments that even advanced medicine and technology are unable to cure. The ancient science of yoga, encompassing body, mind and spirit, provides a powerful tool towards making living effortless. Free. Call Dr. Kalpana Rajdev at 248-478-4786 or Dorrie Rosenblatt at 665-4186.

Isha Yoga, Seven-Day Intensive Program with Sadhguru Jaggi Vasudev • April 30-May 6, 6:15-9:30 p.m. • This program is scientifically structured to produce an optimal environment for personal exploration and transformation. Dynamic yoga postures, pranayama (powerful, purifying breathing techniques) and shoonya meditation stimulates and releases all physical, mental and emotional blocks and activates the spontaneous expression of your vital energy. $200. Call Dr. Kalpana Rajdev at 248-478-4786 or Dorrie Rosenblatt at 665-4186.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, Noon-1 p.m. • This class uses an approach to postures, breathing and meditation appropriate for children ages 4-6. Fun for the whole family! For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Teens with Ema Stefanova • Saturdays, 1:15-2:45 p.m. • This class is specially designed for this age group and includes postures, breathing, relaxation and meditation. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Day: A Bi-Monthly Yoga Retreat with Ema Stefanova • Sundays, 9:30-4:30 • Relax and recharge in a positive and meditative yoga environment doing traditional yoga postures with the emphasis on breath awareness and relaxation. Total beginners welcome. Guest speaker TBA. For dates and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m.; Mondays 4:45-6:15 p.m. or 6:30-8 p.m.; Wednesdays 8-9:15 a.m., 9:30-10:45 a.m., 6-7:30 p.m. or 8-9:15 p.m.; Fridays 8-9:15 a.m., 9:30-10:45 a.m. • Mixed level excellent for total beginners. These classes are designed for students to develop total fitness - meaning not only a healthy body but also emotional stability, stress management and heightened mental awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: The Art of True Yogic Relaxation with Ema Stefanova • Last Saturday of each month, 3-5 p.m. • Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words meaning union or one-pointed awareness and sleep. During its practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Pranayama: Yogic Breathing with Ema Stefanova • First Saturdays in Feb. and March • Yoga without breathing equals gymnastics! Yogic breathing techniques will be explained and practiced. Total beginners welcome. For times and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation Questions and Answers with Ema Stefanova • Sundays, 6:30 p.m. • Yoga and meditation questions answered for yoga students, yoga teachers and all others interested. Please pre-register. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Dancers with Suzanne Willets-Brooks through Dance Gallery Studio • Jan. 26, 1-3 p.m. • This two-hour yoga class will help increase dancers' focus and flexibility and will explore Vinyasa poses, which warm and invigorate the body, and poses using partners. No previous yoga experience necessary. $20. Call Michael Woodberry-Means at 747-8885; www.comnet.org/dancegallery.

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WHERE DO WE DISTRIBUTE *THE CRAZY WISDOM CALENDAR?*

We publish 4,500 copies of each issue of *The Crazy Wisdom Calendar,* and it is distributed free all over town! If you would like to have 25 to 50 copies of *The Calendar* dropped off at your office or center, please let us know. Below is a list of places we drop off copies of *The Calendar* when it's fresh from the printers. Since *The Calendar* covers a four-month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Co-op, Castle Remedies, Kerrytown Market, and Nicola's Books. Copies of the current issue of *The Calendar* are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 months covered by each issue. After that, they're gone.

Distribution points:

Whole Foods Market * Castle Remedies * Crazy Wisdom
Ann Arbor Institute of Massage Therapy * N. Campus Commons *
Kerrytown Market * Nicola's Books * Peaceful Dragon School
Flaming Jewel * The Food Co-op * Sweetwater
Common Language * Shaman Drum * Ancient Formula
Michigan League * Michigan Union * Middle Earth
The Zen Temple * The Lighthouse Center * Martial Medicinal Way
Deep Spring Center * Sunflower Café * Jewel Heart
The offices of: Complete Chiropractic * Brodie Burris
Penny Weaver * Bioenergy Medical * Stephen McLean
Lorraine Coburn * Rob Koliner

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

Betsy Adams has worked with animals for over 23 years in various settings. She uses many natural healing modalities such as homeopathy, Reiki, natural diet and animal communication to support all stages of healing from acute to chronic care to preventative care.

Jeanne Adwani has had a working relationship with the Tarot since the early 1970's. "I feel the Tarot is a tool to deepen my relationship with myself, as well as the possibility of that for others. It is my hope to use the Tarot as a spiritual, therapeutic process."

Laurie Akerros holds a master's degree in psychology, is a cranialsacral practitioner, teaches Bach flower remedy classes and is in private practice in Ann Arbor.

Elizabeth Alberda, an American shaman, received her MA in literature from Syracuse University and has been teaching for 35 years. She has 15 years experience in bioenergetics, studied in Jean Houston's Mystery School and writes and performs her poetry.

Layla Ananda (Sheila Ritter) is a psychotherapist, singer, healer and artist. She holds an MA in Humanistic and Clinical Psychology and is a Michigan Limited License Psychologist and Level II EMDR practitioner.

Jane Anderson, co-founder and teacher of the Ann Arbor Institute of Massage, has had extensive advanced training in a wide range of modalities, including certification in Musculoskeletal Injury Evaluation, Manual Lymph Drainage and Myofascial Therapies. In her private practice, she specializes in Neuromuscular Therapy and Craniosacral Therapy.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 to 18 years.

Cathryn Antkowiak-Howard, MSW, CSW, CAC 1 is a Master's level therapist specializing in recovery from the trauma of sexualized violence.

Astrology Study Group of Washtenaw County is a consortium of serious astrology students and professionals who have been meeting since 1994. They use their association in order to present astrology in a positive and professional manner, network, sponsor lectures and workshops and to learn from one another.

Dianne Austin and Susan Weir are senior Deep Spring Center teachers.

Joan Scully Ballantyne is a certified mental training coach therapist, hypnotherapist, Reiki Master and teacher and myomassologist.

Beth Barbeau has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula and homebirth midwife.

Ruth Blackburn, MPH, RD is a nutrition specialist working for the UM Residential Dining Services program, and a longtime member of People's Food Coop.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. She presents coaching, personal development workshops and creativity training sessions to individuals, businesses and non-profit and educational communities. She has studied with Julia Cameron, Mark Bryan, Natalie Goldberg, Sonia Choquette and Lazaris.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

Kathy Blough, Psy.S., LLP is a therapist in private practice. She works with couples, groups and individuals. She has extensive training in Gestalt, Transactional Analysis and Redecision Therapy.

Mark Blough, Psy.S., LLP is a therapist in private practice. He has had extensive training in Family Systems, Group and Redecision Therapy. He works with families, couples, groups and individuals.

John Bodary, Karen Kerns, Sandra Papiez and Renee Rutz are Registered Polarity Practitioners and teach classes approved by the American Polarity Therapy Association.

Judith Bonini, ihm is an experienced retreat and spiritual director. She has a background in parish work, hospital chaplaincy and overseas ministry.

Michael Bratcher, NCTMB combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan has 20 years experience working as midwife, doula and childbirth educator. She is Executive Director of The Holistic Midwifery Institute and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents.*

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown has presented workshops and seminars in relaxation, meditation, altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, serves as a spiritual coach and healer and performs personalized wedding ceremonies.

Christella Carbaugh, SLW is a graduate of Notre Dame University and Loyola University and has been an Associate Director at Wellsprings and Rockhaven Centers for Personal Growth. She currently is training future spiritual directors and maintains an interest in Integrative Art and Tai Chi.

John Cardwell has been involved with Gangaji and Eli for 10 years.

Dennis K. Chernin, MD, MPH has practiced meditation and breathing techniques for 30 years. His teachers were trained in India, Nepal and Tibet. He practices holistic and homeopathic medicine in Ann Arbor and is the author of several books and cds, including the recently published *How to Meditate Using Chakras, Mantras and Breath* and *Kundalini Rhapsody.*

Eun-su Cho is a professor in the Department of Asian Languages and Culture at University of Michigan.

Kathryn Clark, Ph.D. is an alumna of UM and former chief scientist for NASA.

Dottie Coyne and John Gutoskey are senior Deep Spring Center teachers.

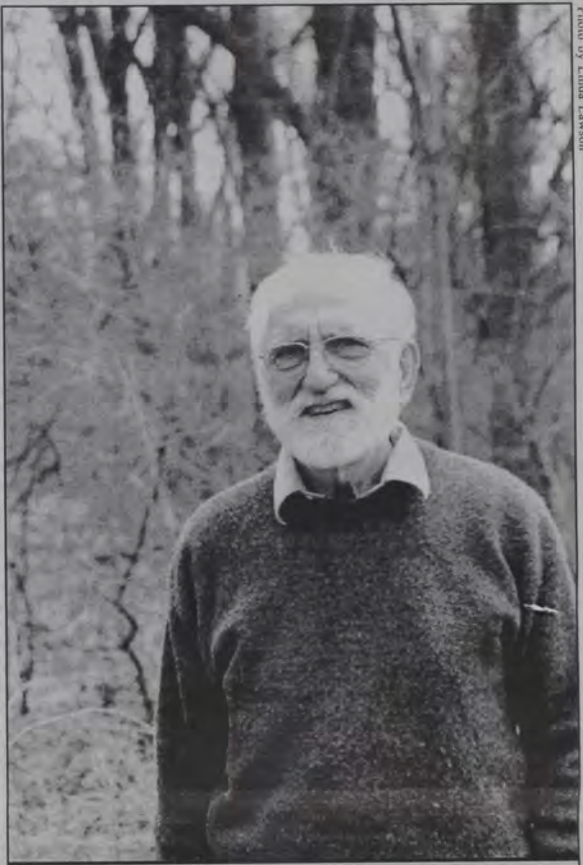

Photo by Linda Lawson

Over the last 30 years, no one has contributed more to the creation and growth of Ann Arbor's holistic health community than U-M Professor Max Heirich.

Evie Craig, ihm is a Sister currently serving as Membership Coordinator. She is an experienced campus minister and spiritual director who believes in wholistic approaches that reclaim the wisdom of the body.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Renee Curran is dietician for adult and pediatric oncology at UM Comprehensive Center.

Dance Gallery Studio's mission is to promote, produce and develop contemporary dance performances, and to provide dance training and educational experiences of the highest artistic quality.

Robert Dargel, ACSW, LMFT, CEAP has 21 years of counseling experience.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York. She has taught yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Kirk Dennis is a certified Ridhwan teacher and has worked with Diamond Heart teachings for 18 years. He studied with Krishnamurti and DaFree John. He is a grandfather and owner of a telecom company.

Teachers, Lecturers,

Gehlek Rimpoche is the founder and spiritual director of the Jewel Heart Tibetan Buddhist Center.

Devananda began studying yoga in 1968 and has practiced meditation regularly since 1975. In 1998, he was inducted into the Babaji Kriya Yoga Order of Acharyas. He conducts satsangs in his hometown of Nashville, TN and initiation seminars throughout the midwest and overseas.

Eileen Dickinson has been a Physical Therapist since 1975 and Certified Trager Practitioner for three years.

Jacqueline Doneghy, MSW and Richard Dutton, ACSW are social workers who have provided group, family and couples therapy for over 20 years.

Kate Durda, MA is a shamanic practitioner, esoteric healer, educator and developmental psychologist. She presents workshops on shamanism in the U.S. and Canada. She is co-founder of Spirit Weavers, an organization providing training in shamanism, and is a founding member of Pathways for Peace and Healing.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience. She specializes in counseling people with chronic illness and pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness*, and has lived with chronic illness for 20 years.

Suzanne Eastman, MS, LLP, CSW conducts dream and therapy groups, individual therapy and leads workshops with a background in Depth Psychology with Jungian, Buddhist, Shamanic, Bioenergetic and Gestalt influences. She chiefs sweat lodge ceremonies and assists people in developing personal rituals.

Ryan Edwards is an experienced teacher of music and folklore as well as an active student in the U.S. and in West Africa.

Empatheatre has presented unscripted, improvised performances in Ann Arbor for 9 seasons. Through spoken language, movement and music, the performers offer images of life as brief glimpses of our own character and values. The performances are often both humorous and unnerving, uncovering essential truths about ourselves and the culture in which we live.

Mateyo Empie, the Medicine Woman, has been studying metaphysical disciplines in Peru, India and the U.S. for over 30 years. A certified polarity therapist, ordained minister, healer and leader of vision quests, she also weaves skillfully and throws original ceramics, holding a degree in fine arts. She has taught self-development for over 15 years, concentrating on the traditions of Peru, especially the esteemed Q'ero of the High Andes.

Myron Eshowsky holds a MS in Counseling and is a shaman and teacher of shamanism and peacemaking. He is a teaching faculty member of the Foundation for Shamanic Studies.

Essence Point Spiritual Center is a non-profit spiritual network that evolved 5 years ago from The Practical Psychic Center with John Friedlander and Donna Ryen. Essence Point was created to include the experiences of others working in different ways with metaphysics and spirituality and to share this with the community.

Diane Evans is a retired public school teacher. Specializing in the areas of interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling since 1995. She currently maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt, RPP, NCTMB, NC is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Coop. She is the author of *Massage: Learning to Give and to Receive* and *Dying Again: Thirteen Years of Writing and Waiting*.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, the National Council for Geocosmic Research and the Michigan Federation of Astrology. She is the owner and operator of The Cosmic Computer Astrological Chart Service, teaches beginning astrology and does private astrological consultations.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles," empowering people and building community through the drum.

Flowering Tree Lodge is a teaching lodge of the Deer Tribe Sweet Medicine SunDance Path based in southeast Michigan. It is led by Debbie Mast and Tim Fools Bear, Roadpeople and 16-year apprentices to the Sweet Medicine tradition. The Lodge sponsors workshops, experiential activities and earth-centered events for families and individuals.

Jenny Freels is chef for University of Michigan catering.

John Friedlander is a well-known psychic, author and teacher with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute with Lewis Bostwick. He has written *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*.

Melanie Fuscaldo, LPS, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Dr. and Mrs. Gandi have been teachers of Vipassana for 30 years.

Bronwen Wildflower Gates, Ph.D., is a healer and nature mystic who combines the discipline and knowledge from her formal training in biology with her intuitive gifts as a shaman and spiritual midwife. She has been a practitioner of energy medicine for more than 20 years, with more than 30 years experience as a teacher and facilitator in many contexts.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing ways in which to explore the body, mind and spirit. The Center offers ritual and ceremony to warm the spirit, workshops and seminars to open the heart and health oriented classes to support the body on this journey.

Gehlek Rimpoche is the spiritual director and founder of Jewel Heart. He was carefully tutored by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gehlek Rimpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Norma Gentile holds a BM and MM in Voice Performance. Her recordings and writings have been recognized by *Yoga Journal* and *Gramophone Magazine*, and she has taught at Edgar Cayce's A.R.E. as well as at conferences of the American Holistic Medical Association and the Association of Humanistic Psychology.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Elena Gillespie is a psychic certified by the British Spiritualist Church, a Reiki Master of 14 years professional experience and a researcher in alternative medicine.

James Gleason is a professor and research fellow in UM Department of Geological Sciences.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Jocelyn Granger is co-director of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Linda Greene is a polarity therapist interested in facilitating personal soul work. She is also trained in Transformational Kinesiology and Craniosacral Therapy.

Craig Harvey has been involved in world healing meditations for many years, and individual/group energy work for 3 years.

Roberta Hladek is Jennifer from the book, *Sanctuary: The Path to Consciousness*.

Robert Hughes has been studying alternative healing modalities since graduating from UM in 1992. He augmented his studies with 2 years residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Inward Bound consists of ***Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman*** and ***Dennis Vogt***. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Sadhguru Jaggi Vasudev, founder of the Isha Foundation, is a mystic, yogi and spiritual master from South India. He has synthesized the techniques of meditation and Pranayama (controlling vital energy) into Isha Yoga.

Sheree Johnson, M.Ed., LPC is a licensed Gestalt Psychotherapist specializing in sex and intimacy and Tantra educator. In her practice, she combines Eastern spiritual practices and healing arts with traditional therapeutic techniques.

Workshop Leaders and the Centers

Shaqe Kalaj earned her BFA from WSU in painting and graphic design. She teaches art privately as well as classes for adults and homeschooled children.

Marty Keck, an experienced spiritual retreat director, is currently developing a Senior Spirituality Program at a large Catholic parish in Western Wayne County.

Mary Bea Keeley, ihm has experience as both a retreat and spiritual director. She has also served as a spiritual counselor at an addictions treatment center.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Cathy King and Michele Gage have extensive backgrounds in yoga and creative movement. Michele returns to Ann Arbor from Victoria, B.C. where she studied with several innovative West Coast instructors. Cathy teaches at Inward Bound Yoga Program.

Carole Kirby, ACSW has 25 years experience as a therapist and inspirational teacher. She is a certified *Imago* therapist/coach and specializes in work with couples and groups.

Cindy Klement is a Certified Nutritional Consultant, Certified Iridologist and Iridology Instructor, Certified Herbalist, Reiki Master and health educator in private practice since 1983.

Laurie Krauth, MA, LLP is a psychotherapist specializing in anxiety, OCD and trauma (using EMDR). An LLP practices with the supervision of a fully licensed psychologist.

Diane Kreger, MS, LLP is a psychologist and family therapist practicing in Ann Arbor with over 10 years experience.

Lucinda Kurtz, MA is a graduate of the Barbara Brennan School of Healing and is a certified Hands of Light Energy Healer. She uses a combination of bioenergetic techniques, shamanic journeying and energy healing in her private practice in Ann Arbor.

Mary Ledvina is a multiple modality healer specializing in massage, shiatsu, craniosacral and chair massage. She holds a masters degree in occupational therapy and has been practicing bodywork since 1988.

Frank Levey, Ann Barden and Dave Lawson are senior Deep Spring Center teachers.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Like Water Drum and Dance is an ensemble of community advocates in Washtenaw County offering performances of African drum and dance.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Jeanne Mackey, MSW is a workshop leader, ecotherapist, community-builder and professional musician drawing on European, Chinese and Native American earth-based traditions.

Laura Mackimmie, MS is a former Masters level psychologist who quit her "old life" to become a personal life coach, life balance consultant and performing songwriter. She has completed over 90 hours of coaching and training.

Debbie Mast, RN, MSN has taught the Sweet Medicine SunDance teachings internationally for 12 years. She is co-leader of the Flowering Tree Lodge and founder of the Women's Hoop, a ceremonial group for women now in its 12th year.

Ruth McDonnell, ihm, a member of the Sisters, Servants of the Immaculate Heart of Mary, has extensive experience in the areas of theology, adult education and religious problems of adolescence. Her latest ministry was at St. Mary's Church in Milford and worked in the adult education program.

Anita McKay, trained with psychic John Friedlander, and does teaching and healing work on a referral basis.

Phil Meade's first astrological chart was done for him at the age of 21. Serious study began soon after that. Millie Melichor taught him the basics and launched him into client work in 1987. He is presently a full time contractor and a part time astrologer. He is a member of the International Society of Neoplatonic Studies.

Photo by Neil Heidrich

Bon Rose Fine and the Astrology Study Group of Washtenaw County are organizing an Astrology Mini-Festival on Sunday, March 23rd.

Lynn Meadows is a certified Feng Shui consultant. She combines her background as a business manager and teacher of fashion and interior design to offer an approach to Feng Shui that integrates western culture.

Cathy Mercer, MLA is a bioenergy therapist and educator with 20 years experience.

Siddiq and Sylvia Middlebrooks have studied the Sufi path of the heart for 20 years. Both are Certified Leaders of the Dances of Universal Peace. Siddiq is a teacher in the Sufi Ruhaniat esoteric school in the lineage of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel L. Lewis.

Richard Miller has 25 years martial arts experience and has trained in Taiwan, People's Republic of China and San Francisco.

Estela Monjo is a mother, grandmother, teacher, sculptor, community organizer and founder of Windrise Spirituality Center. She is a graduate of the Shalem Institute for Spiritual Formation and leads creativity workshops and women's circles.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Vera Lucia Moura, a Brazilian shaman, received her MD degree at the Catholic University of Salvador in Brazil with advanced training in psychiatry and psychoanalysis. She has 20 years experience in clinical work. She currently works at UM Complementary and Alternative Research Center.

Rebecca Mullen, MSW has had a long and successful career in counseling with a particular interest in dream interpretation as a means of self-understanding. She has been influenced by Gestalt, Jungian and Buddhist psychology, and by the work of Stanislov Grof.

Patrick Munson is a founder and principal instructor of Wild Heart Wilderness Awareness School and Envision Health. Courses include mind-body work toward conscious self creation and a full range of primitive survival classes for developing connection and communication with the Earth.

Rev. Janet R. Nagy is an elder, healer and ceremonialist. She is also the Director of the Midwest Academy for Healing Arts.

Laura Nisenson, Ph.D. is a fully licensed psychologist specializing in cognitive-behavioral therapy for anxiety disorders.

Sondra O'Donnell, RYT is certified and accredited by the Yoga Alliance and has practiced yoga since 1989. She is the mother of 3 children.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Genie Parker is a disciple of Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for over 15 years.

Richenda "Ricki" Reeves has completed all Levels of Competence through the Academy of Astrology in Lansing, was certified a Masters Level Astrologer after study with Noel Tyl and has been endorsed as a Certified Astrological Professional with the International Society for Astrological Research. Her first book, *The Quindecile*, was released by Llewellyn Publications in 2001.

Raye Robertson is a Detroit-area astrologer/educator, a member of the American Federation of Astrologers and the National Council of Geocosmic Research. She offers astrological charts, counseling, classes and parties via her company, By Jove Astrology Services.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

Laura Rosenbaum has practiced Bikram yoga for 5 years and completed her teacher training with Bikram 2 years ago. She currently runs the Bikram Yoga Ann Arbor Studio.

Margaret Nash Rubin (Peggy) is Director of the Center for Sacred Theatre. She was staff member, actor and education director for the Oregon Shakespeare Festival for 14 years. Since 1986, she has participated in Jean Houston's transformational work and has studied with Elain de Beauport and William Emerson.

Anita Rubin-Meiller, MSW and Dawn McCalla, MSW have been working in the fields of addiction and trauma for over 20 years.

Merilynne Rush and Mickey Sperlich of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work and myofascial massage therapy. She is a CSMT instructor and directs the school's advanced myofascial training.

Darren Schmidt, DC, ND is a board-certified Naturopath with a doctorate in chiropractic using herbs, nutritional supplements, diet and Yuen Energetics to help people improve their health. He has 5 years experience in private practice in Ann Arbor.

Teachers, Lecturers, Workshop Leaders and the Centers

Photo by Linda Lawson

Shu Nah Sii Rose is helping ro produce ***Green Fire Rising***, an "Evening of Multigenerational Feminist Spiritual Music and Art". (See ad on page 40.)

Lori Schneider is a graduate of The American Feng Shui Institute and The Western School of Feng Shui. Her business, Brighter Destiny, provides consultations for homes and businesses. She offers educational programs on Feng Shui interior landscape and architectural design.

Shannon Scott is the director of the Healing Arts Program at the UM Comprehensive Cancer Center.

Sexual Assault Crisis Center has been serving Washtenaw County for over 26 years. SACC is a unit of the Wastenaw County Public Health Dept. The staff of SACC consists of Master's level therapists who specialize in recovery from the trauma of sexualized violence.

Bharti Shah trained at the Yoga Institute, Mumbai, India and has taught yoga in the classical style in Ann Arbor for 3 years.

Donna Sienicki, MSW, CSW, ACSW is a therapist with 15 years experience.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth and postpartum.

Helen Slomovits has been actively engaged with the Artist's Way process since 1995. She has facilitated Artist's Way and other creativity groups since 1999 and has participated in workshops led by Julia Cameron, Sonia Choquette and Starhawk. She is a musician, songwriter and poet.

Julie Slowik, ihm, a pastoral associate at St. Anne's in Detroit, worked for many years with Mexican and Mexican American people and experienced the Mathechine drumming and dances of the indigenous people.

Amanda Smith received a BA in Anatomy, a BFA in Scientific Illustration and a MFA in Medical and Biological Illustration from UM. She is a practicing homebirth midwife and has run a birth and postpartum doula practice since 1999.

Richard Smoot has 30 years of astrological study, counseling and teaching experience. He is a Certified Astrologer Level IV, National Council for Geocosmic Research, and a professional member of other international astrological organizations. He is a registered Social Worker with the State of Michigan.

Ema Stefanova has taught yoga and meditation since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university.

Todd and Sandra Stockwell are ritual masters in the lineage of King Salomon. They are high initiates in the Rocky Mountain Mystery School.

Judy Stone, CN, MSW is a certified nutritionist, psychotherapist and cooking instructor specializing in wellness nutrition. She offers personal consultations as well as corporate wellness programs and training for health professionals in nutrition based healing. Her newsletter, *Eater's Digest*, is available online at www.nutritionmagician.net.

Martha Stoner, Ph.D. is a facilitator and educator who has taught writing and personal growth at universities, private colleges and in workshop settings for 23 years. She is the creator of *The Way Card Oracle*.

Margaret Szedenits is a graduate of Ann Arbor Institute of Massage Therapy, an instructor at AAIMT and maintains a private practice. She is President of the American Massage Therapy Association Michigan Chapter and is certified with the National Certification Board of Therapeutic Massage and Bodywork.

Domenic Tamborriello, MSW, CSW has been in private practice in Ann Arbor for 19 years with experience in couples counseling along with individual and group work.

Rasheena Taub received a Masters of Fine Arts in Poetry and facilitates content from her Lifelines Series in private tutorials and workshops. In 2000, she designed the writing component of The Mind Body Spirit Program of The UM Comprehensive Cancer Center.

Debbie Taylor holds a BS in Psychology from Wayne State University and has been a Certified Hypnotherapist since 1990. She has practiced as a psychic with a background in astrology for over 30 years, with a private practice in Belleville.

Mary Tillinghast has managed Castle Remedies for 20 years. She has studied homeopathic medicine with Lev Linkner, MD.

Gail Tola, BS, a teacher and facilitator for classes for spiritual awakening, has studied yoga, herbology, breath work, creative visualization and sound health using drumming and voice.

Roger Tolle is an instructor with Trager International. He has a degree in dance and theatre and has studied with pioneers in the fields of Somatic Education and Movement Therapy.

Lama Ani Tsultrim Dolma was ordained as a nun in 1981, resided and studied in India and Nepal for nine years and has just recently come to teach in the United States.

Solane Verrain studies with Gangaji and Eli and offers the unconditional regard and acceptance of a spiritual friend.

Julie Viera, ihm is a member of the Sisters, Servants of the Immaculate Heart of Mary, has a masters degree in theology and has taught at the University of Detroit in the Theology Department.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years, leading and participating in numerous men's groups, and is a Level II EMDR certified therapist.

Wendy Warrick is a Feng Shui Practitioner consulting on homes, offices and places of spiritual practice. Her interpretation of Feng Shui evolved after 15 years experience working with homes from her interior design background.

Penny Weaver, PsyS, MA, LLP practices the new psychology of integration of mind, body and spirit. She is a hypnotist and teacher of meditation, Reiki, Sekhem-Seichim and Shamballa.

Dennis Wenzel, a pastor at Christ Lutheran Church in Monroe, has completed his spiritual direction training in Ignatian spirituality.

Mike Whitty, professor at University of Detroit Mercy, is a peacemaker organizing a world peace summit scheduled for Detroit in Fall 2003.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 22 years experience in the healing arts and 15 years teaching at massage schools in Washington D.C. and Ann Arbor. Reiki has been the focus of her work for the past 9 years. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Brenyn Williams is a certified Massage therapist who integrates techniques from myofascial, neuromuscular, sports, shiatsu and chi gong therapies.

Rebecca Williams handles program and education activities for a leading non-profit organization. She has a BS in psychology and advanced degrees in religion and holistic health. Rebecca has been reading tarot cards for 10 years.

Eve Wilson and Richard Marwood have been legally certified healers since 1986.

Ryan R. Wilson has extensive training in 27 healing modalities including 4 years study at naturopathic medical school. He also holds a black sash in Kung Fu, Qi Gung and Ki Jutsu.

Julie Wolcott has practiced in the fields of counseling and psychotherapy for over 40 years, and has taught yoga and yoga therapy for 15 years.

Lisa C. Wolf, MA, LLP is a clinical psychologist and a Pathwork Helper. Lisa is also a musician and a mother.

Wasentha Young is a master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 30 years of experience in her field, she lectures and educates on the benefits of TCC, Chi Kung and meditation as it relates to emotional, spiritual and physical wellbeing. As a board member of the Association of Women Martial Arts Instructors, she is also a mentor for other instructors in her field.

Kay Yourist has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

Karlta Zarley, RN, BS has 21 years experience in preventative and holistic nursing care and is a student of Healing Touch. She has been in private practice for 4 years in Ann Arbor as a professional Patient Advocate, educator, healer and spiritual director.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim***, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Crazy Wisdom Reading Circle

January's Crazy Wisdom Book Circle Selection

Turning Toward the Mystery: A Seeker's Journey by Stephen Levine

In this account of compassion and healing, Levine's narrative turns progressively inward as he describes his life's path toward a deeper understanding of "the way of things." A former drug addict become spiritual teacher, Levine describes how he learned to use his life as a jumping-off point from which to teach healing principles and guided meditations. Group meets Tuesday, Jan. 28th; 7:00 p.m.

February's Crazy Wisdom Book Circle Selection

The Power of Partnership: Seven Relationships That Will Change Your Life by Riane Tennenhaus Eisler.

Building on ideas the author introduced in *The Chalice and the Blade*, *The Power of Partnership* encourages readers to examine their relationships with themselves, their families, their work and communities (local, national, and international), their spirituality, and the environment-to discern which of two models they operate from. Group meets Friday, Feb. 28th; 7:00 p.m.

March's Crazy Wisdom Book Circle Selection

Communion: The Female Search for Love by bell hooks.

Intimate, revealing, provocative, *Communion* challenges every female to courageously claim the search for love as the heroic journey we must all choose to be truly free. Her words stir us to devote as much of ourselves to love, to loving our partners, our bodies, our pasts, our parents, as we do our careers and our independence. Group meets Tuesday, March 25th; 7:00 p.m.

April's Crazy Wisdom Book Circle Selection

The Soul's Religion: Cultivating a Profoundly Spiritual Way of Life

by Thomas Moore. This long-awaited companion volume to the bestselling *Care of the Soul* is Thomas Moore at his most provocative, celebrating the mystery of the spiritual and rejecting simplistic paths to religious vision.

Group meets Friday, April 25th; 7:00 p.m.

Join us for any or all of these wonderful discussion groups at the Crazy Wisdom Meeting Room. Purchase any of the above books during the book's discussion month and receive 30% off the cover price!

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Multigenerational Feminist Spiritual MUSIC & ART

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JANUARY 10, 2003
Weighing In

FEBRUARY 14
Gender Bender

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Divine Intervention

APRIL 11
I'm Good Enough

MAY 9
Anything Goes

Doors open at 7:15 P.M.
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Premium Seating $15 for the first 4 rows,
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About the Director

Wasentha Young is a master and scholar with over 34 years of experience in the arts of T'ai Chi Ch'uan and Chi Kung, and has also received formal instruction in Taoist and Buddhist Meditation .

Master Young is a certified Acupressure Technician, the Physical Activity Coordinator for the UM Program for Multicultural Health, and serves on the Advisory Committee for the Complementary and Alternative Medicine Research Center, UM.

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Issue No. 24

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Regulation of Touch Therapies Is Not An Easy Thing

In an effort to weed out prostitution, The City of Ann Arbor is considering an ordinance which might potentially regulate massage therapy and bodywork—who can practice and what training is required —-in an effort to be certain that massage therapists and bodyworkers are not sex workers. We asked a leading local holistic practitioner to comment on the issues involved.

By Linda Diane Feldt

(*Editor's Note — Linda Diane Feldt is a Past President of the American Polarity Therapy Association, and a former Board member of the National Certification Board for Therapeutic Massage and Bodywork. A student of the healing arts since 1973, Linda Diane has had a full time private practice in Ann Arbor for 22 years. She is the author of* Dying Again: Thirteen Years of Writing and Waiting *and* Massage: Learning to Give and to Receive.)

Illustration by Nicole Macdonald

Ann Arbor's reputation as an "alternative friendly" place is widespread. In the area of alternative health and healing, Ann Arbor has been a prime location for conferences and trainings, and has nurtured many leaders in the field of complementary and alternative medicine.

The Ann Arbor area is home to approximately 1,000 practitioners in the fields of massage therapy, bodywork, skilled touch, movement education and somatic practices. The presence of a National Institute of Health Complementary and Alternative Medicine Research Center affiliated with the University of Michigan has further cemented our reputation as a hot spot for alternative therapies. For two years, the University of Michigan Medical School has required that all first year medical students be exposed to information, lectures, discussions, and a personal visit to observe and consider "Complemetary and AlternativeMedicine" (CAM) practitioners. I had the privilege to be a part of the faculty for a popular graduate level interdisciplinary course on Complementary Therapies and Alternative Healing last semester.

Readers of the Crazy Wisdom Calendar would not be surprised that there are over 100 types of healing work being practiced nearby. The Eisenberg studies of 1993 and1996 reported in the New England Journal of Medicine showed that 42% of the population had used CAM therapies, and that number was even higher for women. It would be reasonable to assume that Ann Arbor – which has supported CAM practitioners for decades — would boast an even higher rate of CAM use, and that a substantial portion of that would be with hands-on therapies, similar to what Eisenberg found.

All of this exists within the non-regulated climate of the state of Michigan. Consumers have had success finding the practitioners they want, reasonable prices are charged, and people generally confine their work to what they are trained to do. We have been helping people. We have been contributing to our community through our work, by being dedicated healthcare providers, and by living and contributing as everyone else does – volunteering, paying taxes, supporting local businesses.

How, then, did we ever end up in the situation we now find ourselves in – fighting to stop a proposal to regulate massage and bodywork, a regulation proposed for one reason only – for bodyworkers to prove that they are not prostitutes.

How, then, did we ever end up in the situation we now find ourselves in – fighting to stop a proposal to regulate massage and bodywork, a regulation proposed for one reason only – for bodyworkers to prove that they are not prostitutes.

Many years ago, but recently enough that it affected my work when I first began to practice in Ann Arbor 20 years ago, massage and prostitution were often linked. Claiming to be and advertising as a "massage parlor" was a well-recognized euphemism for the sex trade. In the seventies, when I began my training, Ann Arbor had a number of massage parlors in operation, where sexual services were also for sale. They were closed. A few "health spas" continued to be operated, rather openly and blatantly, where sexual services were presumed to be available. These spas were recently closed after an Ann Arbor police investigation. Neighbors of these closed spas I have talked to have noted that they were not surprised that the spas had illegal activity going on; only by the extent of the exploitation of the women involved.It is notable that the closed facilities used the term "health spa" rather then "massage parlor". This is part of a national trend, which would appear to be the result of successful work on the part of many professionals in the field over the last few decades to legitimize the term massage. Research and consumer surveys leave no doubt that massage is now thought of first and primarily as a legitimate, legal, and honorable profession. Skilled touch and bodywork are also gaining recognition and their share of consumer awareness and respect.

We have won the war, but suddenly have been challenged to a new battle, here in our aware and supportive community. The Ann Arbor Police response to the closing of these health spas, and the attention on prostitution, is to inexplicably determine that massage therapists and possibly bodyworkers, should now be regulated as the most cost effective way to prevent future episodes of prostitution in Ann Arbor. No new attention or regulation of escort services (another euphemism often used by the sex trade) health spas (where the alleged illegal activity took place), or others who have a direct association with adult entertainment has been announced, and in a meeting with the Chief of Police he affirmed that the only plan was to regulate the legal profession of massage.

The current context for alternative therapies is one of exploration, evaluation, and acceptance. It is important to nurture the alternative practices in place, and that are developing. Any regulation needs to be mindful of the importance of diversity for consumers, the difficulty in defining and setting standards for new and traditional approaches to healing, and the real lack of resources that part-time and other "fringe" practitioners have available.

Regulation of a profession is most often accomplished at the state level. Doctors, lawyers, dieticians, social workers, contractors, cosmetologists, are all licensed by the state. To single out a profession for more stringent local attention is rare indeed. It is however something that massage therapists have been subjected to nationwide. Over the last decade this has been gradually changed to state regulation, more than 30 states now regulate massage and sometimes bodywork on the state level. Massage therapy and bodywork are emerging professions, still somewhat in a state of adolescence. Repeal and replacement of local regulation with state oversight that conforms to how other professionals are treated is a part of that maturation process.In this case we have a progressive community, with a great acceptance of alternative therapies and bodywork, turning back the clock thirty or more years to address an association that no longer exists. If this local ordinance to regulate massage therapists passes, it will link massage and prostitution by law – a link that hasn't existed in the minds of the general population for at least a decade, and more nearly thirty years.

Regulation of touch therapies is not an easy thing, nor is there agreement about how and if this should be done. There are some areas of greater agreement, however, that have emerged from the ongoing debate on this subject.

Let us begin with the intent of regulation. To regulate with the sole intent of identifying and stopping prostitutes has few supporters in the bodywork community. There isn't evidence that this works, it is insulting in its premise, and prostitutes certainly have the capacity to become legitimate massage therapists – although combining the two would be a violation of ethics as well as state and local law. Ideally regulation benefits the consumer, provides information on the education and training of professionals, and standardizes the use of terms describing a profession. There is no consumer benefit that can be derived from this proposed ordinance. If anything, the costs associated with regulation would add to the costs of doing business, which is passed on to the consumer.

The current context for alternative therapies is one of exploration, evaluation, and acceptance. It is important to nurture the alternative practices in place, and that are developing. Any regulation needs to be mindful of the importance of diversity for consumers, the difficulty in defining and setting standards for new and traditional approaches to healing, and the real lack of resources that part time and other "fringe" practitioners have available. Excessive or overly encompassing regulation could easily put people out of business, undercover, or never to venture forth.

Regulation, by its nature, creates a boundary of those who are in and those who are outside of the law. This deserves very careful consideration. In Ann Arbor we have practitioners who have been in practice for years who may not meet the current "standards for practice", such as education from a state approved school. Many of us trained before there were state approved schools, often by a succession of workshops and apprenticeships. In most local and state ordinances, there is no room for recognition of this sort of training. Who is qualified to determine who is qualified to practice? While many find this question easy to answer, there is no universal agreement and those who are deemed "unqualified" certainly deserve to be heard.Regulation also requires a very clear definition of who will be regulated, and who will not. Defining massage too broadly has resulted in some legitimate professionals in other fields of bodywork to be unable topractice in their state. With more than 100 identified "touch" therapies in Ann Arbor, drafting an ordinance to affect massage therapists and only massage therapists is not a simple task. "Scope of Practice" is a concern in many healing fields. The scope of practice is best determined and defined by the professionals, often through a professional association, who practice each modality. For your profession to be defined, and limited, by a sister profession is problematic. For a state or locality to regulate a profession without substantial agreement and input from members of that profession is also egregious.

> What is at risk is our supportive climate for alternative therapies, our reputation as a leader in the field of complementary and alternative medicine, and the livelihoods of some of your friends and peers. Ann Arbor has been a model of support for alternative therapies for decades.

Using a national certification exam (NCE) for regulation is another complex topic. In short, a national certification program: offers the benefits of a psychometrically developed examination; restricts by having established requirements for who can sit for the exam; provides an ethics document and complaint process; and includes continuing education requirements. Many states and cities have chosen to use only the exam part of the program. This results in the peculiar situation of having a "formerly nationally certified" practitioner, as well as allowing for those who have lost their certification through a complaints process to continue to be licensed.

Including reference to a national certification process has to be carefully considered, with full awareness of the costs to the practitioner and the restriction inherent in the exam process. Becoming nationally certified, and continuing that certification is not inexpensive. At the state level, a professional would expect to pay hundreds of dollars for state recognition of their profession. For this investment to be limited to "legal standing" for just a few square miles within a certain city is not as clearly beneficial. A much longer article on this topic, which goes into more depth on important issues, is available from the author.

By the time of this publication, this issue may have been put to rest for Ann Arbor. It may also have heated up to the point of open conflict and argument. In either case, state regulation is very likely to.be next on the agenda and we must prepare, either proactively or reactively. Creative, consumer positive, regulation would be welcome. Regulation that favors one group or approach financially or otherwise should be resisted. An essential component of any regulation is recognition and nurturance of the diversity of the touch professions in their approaches and training. The Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations, in their consensus document on legislation recommends that a coalition approach be used.
(http://www.adeptsys.com/federation)

A coalition [a temporary alliance of distinct parties, persons, or states for joint action – Webster's New Collegiate Dictionary] has been formed to oppose the creation and passage of an ordinance designed to target massage therapists and bodyworkers as potential prostitutes. Information on this issue and the ongoing process can be found at: www.holisticwisdom.org/aaordinance; P.O. Box 3218 Ann Arbor MI 48106-3218, or e-mail aaordinance@holisticwisdom.org

This issue is real, and should be of concern to all Complementary and Alternative Medicine (CAM) practitioners, their clients, and their peers in allied health fields. What is at risk is our supportive climate for alternative therapies, our reputation as a leader in the field of complementary and alternative medicine, and the livelihoods of some of your friends and peers.

Ann Arbor has been a model of support for alternative therapies for decades. Help us to ensure that we will not become a national model for an archaic and outdated perspective of touch and healing that associates massage with illegal sex acts. We deserve better than that suspicion, and we have all worked too hard to give up on the understanding and acceptance we have gained.

In this Issue:

Regulation of Touch Therapies
by Linda Diane Feldt..........Page 4

A Conversation with
Elizabeth Alberda..........Page 9

Book Reviews and Poetry ....Pages 12,13

An Excerpt from Judy Stone's New Book,
Take Two Apples and Call Me in the Morning..........Page 14

The Crazy Wisdom Calendar..........Page18

Background Info on the Teachers..........Page 34

Notes and Comments by Bill Zirinsky..........Page 38

Calendar Highlights for May – August 2002

1) ***MoonTree* performed by Elizabeth Alberda** – May 4
(See Writing and Poetry, and Article on Page 9)
2) **Author Joseph Goldstein speaking on "Emerging Buddhism in the West"** – May 9
(See Buddhist Teaching and Meditation)
3) **Book Signing with Jan Goldstein, Author of *Life Can Be This Good***
May 10 (See Personal Growth Section, and Ad on Page 39)
4) **Introduction to Red Lodge at Crazy Wisdom** - May 15
(See Shamanism, and Ad on Page 8)
5) **Buddha's Birthday Celebrations at the Zen Temple**
May 18 & 19 — (See Buddhist Teaching and Meditation)
6) **Julie Tallard Johnson, Author of *I Ching for Teens*, at Crazy Wisdom** – May 18
(See Tarot and Divination)
7) ***A Return to Love* Seminar with Marianne Williamson** –
May 31 and June 1 - (See Personal Growth)
8) ***"A Gathering in Spirit"* Fair** – June 1
(See Ad on Page 40)
9) **Nature's Healing Connections with Peggy Garrigues-Cortelyou at the Weber Center** –
June 15 - (See Nature, and Ad on Page 40)
10) **Barbara Marx Hubbard (Author of *Conscious Evolution*) at Renaissance Unity**
June 23 and June 24 — (See Spiritual Development)
11) **The Wisdom, Compassion, Tears and Humor of Zen Buddhist Practice**
Tuesdays in July — (See Buddhist Teaching and Meditation)
12) ***Making Peace With The Things In Your Life,* Book Signing and Reading with Cindy Glovinsky, at Crazy Wisdom** - July 13 – (See Personal Growth)
13) **Brian Swimme at Renaissance Unity (Author of *The Universe is a Green Dragon*)** –
July 21 and July 22 (See Spiritual Development)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Calendar* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the September – December 2002 issue is **Wednesday, July 24th** and the **deadline for paid advertising is Wednesday, August 14th.** The issue will be distributed starting the last week of August. 4,500 copies of *The Calendar* are printed, and *The Calendar* is available at our bookstore as well as at more than 25 other locations in the Ann Arbor area. Phone number: 734-665-2757. We're located at 114 South Main Street, Ann Arbor, MI 48104…www.crazywisdom.net.

****

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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah N. Daher.
Illustrations by Nicole Macdonald. Cover photos: Angela O'Brien (Elizabeth Alberda) David Lawson (Linda Lawson) and Liz Brauer (Judy Stone). Photographers: Linda Lawson, Angela O'Brien, Ruth Schekter. Cover design: Molly Nuzzo.

The quotes used in the calendar section were found in the book: *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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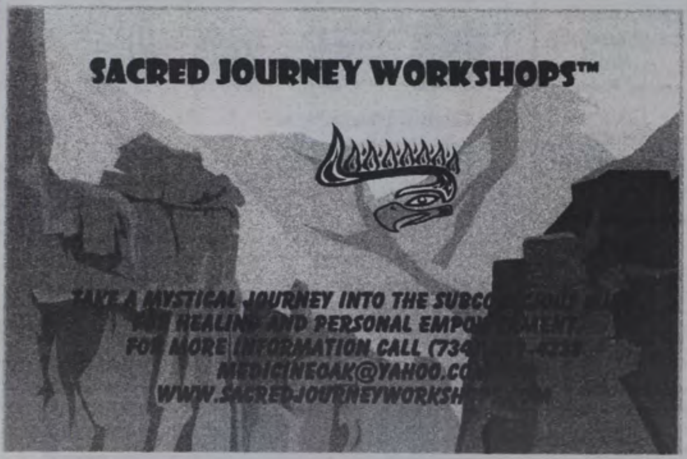
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A Conversation with Elizabeth Alberda ~ Poet, Musician, and Teacher of Creative Integration

Interview by Lucinda (Linda) Kurtz

Photography by Angela O'Brien

ODE TO THE OVARY

O Women
Our glory to store the life egg in
Grey-pink pouches anchored on the wings
Of womb. I tell you the fallopian tube is
A ram's horn to announce rebirth.
Egg as good as fish. An ovary
No larger than a walnut, yet a million
possibilities.
Think about it, nine women egg enough to
populate Michigan.
Over easy golden body.
Gonad of the female Kokopelli.
Earth never once stopped her love
somersaulting in
Infinite space with breathing Ocean,
With a seed-secret inside the moontree.
A human's possibility to grow joy
Into the sorrow of the world.
The Feminine Face of God, zygote!
Being peace unto the world
Beyond wounding and the wound
Behind the sun and moon
One light.

(Elizabeth Alberda resides in Ann Arbor with her husband, Maurice, and her daughter, Ananda. She's an artist: mask maker, flute player and singer of poems. She's a teacher, along with her husband, of Creative Integration, and co-creative teacher of Spiritual Anatomy. In Creative Integration, she works with individuals using the tools of bioenergetics, dream interpretation, soul retrieval and shamanic healing. In Spiritual Anatomy, she explores the interconnection of body and spirit through rebirthing, breathing, eating, the nervous system, the heart, the brain, the hands, the bones and sexuality.)

Lucinda Kurtz: Having just heard for the first time this powerful collection of poems, MoonTree, I honor this expression from your heart and soul and body. I am struck by the multitude of images and the expression in language of sound that sings such song, the resonance of tone, the confluence of the images and the sounds to create such power. Just how does that emerge? Do you know the sound of each word and how it will flow together? Is it an experiment? Does it come forth in one great rush? What is the process of creation that brings forth this power of image and language?

My tongue is surfing over the sound of these words. It's a thrill! Where music comes from, a mystery. My ear for sound came out of wounding.

Elizabeth Alberda: That's a long, long journey, Lucinda. Perhaps my childhood near the Ocean provided my hearing the sound within the word. My great labor was learning to create the image. Images reside in our physical body; everything in the outside world is in the inside world. It took me 29 years to be grounded in my body to receive the image. In the writing of MoonTree sometimes it felt like riding waves of language, for example, in the poem "Venus" about my experience swimming with the dolphins. I've been writing and rewriting this poem for 11 years. In February when MoonTree poured out, the image married the sound: "a woman plunged into deep water where the Ocean grew hands within the dolphin who wields without tool the waterworld." My tongue is surfing over the sound of these words. It's a thrill! Where music comes from, a mystery. My ear for sound came out of wounding.

Lucinda Kurtz: What kind of wounding touched you so deeply? How did you transform wounding into poetry?

Elizabeth Alberda: Mother Nature decided I would have to listen. As a child, I was mute for the first years of my life. I lived in a world of hearing, seeing and terror. It was dark, a falling into myself. I took in language, but I couldn't speak. I remember forming my first word, all feeling in my tongue. Something inside, I do not know what, opened. I also struggled with dyslexia. Instead of reading about the world, I experienced nature directly. Now after living through the isolation, despair and humiliation, I realize my great fortune, an extended childhood in nature where I experienced the tree as a living being.

Lucinda Kurtz: Elizabeth, this opus, MoonTree, draws deeply from the feminine, from the muses, from the ancient ones, from the mythic energies that course through you. What is your intention in communicating this feminine vision?

Elizabeth Alberda: In MoonTree "water" holds, conveys, and mirrors the feminine energy. In the age of Pisces, the fish, the symbol for consciousness, was submerged under water. In the sign of Aquarius, we now have the image of the water carrier, the human psyche holding water in a bowl for healing. We, as humans, are moving toward greater awareness and awakening from unconscious negative patterns of living. Hopefully, these poems are balanced between fire and water, male and female: in fire, we have the beauty of unique articulation of Divinity seen in Buddhism, Judaism, Islam, Hinduism, and Christianity. In water, there's no separation; all rivers lead to the Ocean.

If we lack the feminine perspective, the fire without water becomes fanatical and fundamental. In the extreme, it creates a lack of tolerance for another way of seeing the world and kills diversity. The feminine way balanced with the masculine includes women and children and our mother earth. Her well-being depends upon our health. In my poetry, I celebrate the power and beauty of being a woman and the feminine aspect in all of us.

My chalice feels full. I have a greater respect for the human experience and deep gratitude for an art form integrating my heart, mind, body, and spirit.

Lucinda Kurtz: Listening to your response, I smile as I remember the remarkable images in your poetry, embodied images of the miracle of milk, the butterfly as winged cathedral window, the fallopian tube as ram's horn announcing rebirth. Earth, fire, water, and air. You combine so skillfully the images with the sound and mythic allusions. What was your inspiration to sing your truth in your poetry?

Elizabeth Alberda: When I fell in love with Maurice, my husband, a wondrous and wise Virgo, I heard the earth singing and I wanted to sing the earth. I needed to reclaim my sense of myself not only as a human

A Conversation with Elizabeth Alberda (continued)

but also as a woman. It took a long time to empty out the images I had been given about what it means to be a woman from my New England heritage. I had to empty myself in order to receive.

The first poem set the whole tone for everything else. Once that poem was written, it was like galloping through space and time to finish the others. They all came into place once I could say, " I don't want to awake in the wrong home." I had been trying to awaken, but I was taking my definition from our culture, from a male viewpoint. I had to learn to think for myself and connect with the Great Mother, the great earth.

> I had been trying to awaken, but I was taking my definition from our culture, from a male viewpoint. I had to learn to think for myself and connect with the Great Mother, the great earth.

Lucinda Kurtz: You speak and resonate and write with such power about the embodied experience. Are you engaged in work presently that reinforces or strengthens this capacity to bring your poetry forth from your body?

Elizabeth Alberda: Coming from 10 generations of a puritanical background in Marblehead, Massachusetts, it was impossible to be spiritual in a human body. So the learning has been to bring the spiritual into anatomy. This has taken 10 years in my own personal bioenergetic work and 14 years of listening to the soul stories of women and working with them in my work of creative integration. That's why I use the term, "spiritual anatomy" in the first poem. The study of Spiritual Anatomy, my life's work, co-created with Dr. Linda Sayer, brings forth a way to learn the relationship and integration of our anatomy energized by a spiritual force. We offer a year-long study for women and next year for a men's group, as well. MoonTree brings this learning into song.

Lucinda Kurtz: How did you come upon the framework of the alphabet as a guiding structural principle in MoonTree?

Elizabeth Alberda: Since the sixth grade when Miss Broughten formed the letter Q on the blackboard and I witnessed the little line coming out of the letter O, I began my love for the letters. It was as if the room disappeared, and it was the teacher, the blackboard, and the letters, and myself. It extended to hieroglyphics; the form of A being an ox head delighted my imagination. So I thought, that's a good place to begin. Let's begin with the alphabet. Then I worked deeply with Barbara Walker's The Woman's Encyclopedia of Myths and Secrets, which was suggested by Robert Bly, my poetry teacher. Walker's research added to my own study at the University of Syracuse where I learned a male's perception of mythology.

> As a child, I was mute for the first years of my life. I lived in a world of hearing, seeing and terror. It was dark, a falling into myself. I took in language, but I couldn't speak. I remember forming my first word, all feeling in my tongue.

Lucinda Kurtz: I hear a combination of great joy and exuberance and exhilaration in your poetry as well as great pain and wounding and darkness.

Elizabeth Alberda: You have good ears, my friend. That's life, a polarity, and my effort is to bridge the tension in bringing forth more light from the dark and light. Robert Bly, speaking of Rilke's work, expressed it profoundly, "the problem is not whether the song will continue, but whether a dark space can be found where the notes can resonate." A long journey, balancing fear and courage to work and feel in the dark.

Lucinda Kurtz: It seems like it has been part of your task as you have grown to use your work in bioenergetics and in poetry to create balance not only in poetry but also in your life.

Elizabeth Alberda: Yes! That's a perception from the East, the art of living.

Lucinda Kurtz: So the creative act is a way of recreating reality.

Elizabeth Alberda: All I can say to "recreating reality" – life is mysterious and the Mystery, incomprehensible. I am, through the creative act, able to create a slant of light in terms of viewing reality. If I tell my story from the child's point of view, I'll remain a child. The willingness to view life experience as a way for the human to awaken alters the perception of reality, especially the stories we collect about our wounding. Maya Angelou warns us not to "mutilate memory." If we can hold the adult perspective of our wounding by understanding both what the universe is teaching us and still hold the suffering, then this energy will engender creativity, an individual expression of divinity.

Lucinda Kurtz: How do you feel now that you have completed this work that has consumed much of your time and energy?

Elizabeth Alberda: My chalice feels full. I have a greater respect for the human experience and deep gratitude for an art form integrating my heart, mind, body, and spirit.

Lucinda Kurtz: What is your hope for the future, for your future and the future of us all?

Elizabeth Alberda: To live in the present moment, awake, honoring the planet I live on and all the plants and animals and elements. To balance fear and courage, to be honest with myself and the other, to be involved with community, and to teach where I am called to teach. To remove my mask and sometimes wear a homemade mask and dance the poem! It's my great hope, we as humans in earth bodies, can walk "earth" in peace, goodwill and the cultivation of the sacred arts.

Lucinda Kurtz: This performance of your poetry will be at the Genesis Center in the sanctuary used by Temple Beth Emeth and St. Clare's Episcopal Church on Saturday, May 4 at 7:30 p.m. How will your poems communicate in performance the essence of your poetry?

Elizabeth Alberda: Poetry belongs to the oral tradition. It is the sound of the word and the image entering the heart/brain that resonates within each individual being and touches their minds and bodies and soul's longings.

Lucinda Kurtz: What do you hope people will take away with them in this experience?

Elizabeth Alberda: I hope each individual will be inspired to create from his and her own gifts. I hope the images and music bring in compassion toward the self and other. I hope the listening of the poem will resonate inside each earth body a remembrance of our spiritual home. I hope the Great Mother is pleased with her daughter.

Lucinda Kurtz: You have created a very full and communal life in Ann Arbor to the point where your sisters in the Women of the Circle feel compelled to present you to the larger community. Could you tell us about your presentation with them?

Elizabeth Alberda will present her collection
of poems, MoonTree, on Saturday, May 4, 7:30 p.m.
at the Genesis Center of Ann Arbor
(St. Clare's Episcopal Church and Temple Beth Emeth)
2309 Packard Road.

Elizabeth Alberda: Yes, the women are wonderful and gifted. We have dedicated ourselves to drop the façade of competition and jealousy, and to empower each other by mirroring, like a clear lake, what shimmers inside and what individual divinity longs to be manifested. Everything is evolving; we are making music and songs from the poetry for the audience.

Lucinda Kurtz: Thank you Elizabeth and I'll see you on May 4th.

Elizabeth Alberda: Thank you, Lucinda, for your rich questions!

(The interviewer, Lucinda Kurtz, is a graduate of the Barbara Brennan School of Healing, and is a certified Hands of Light Energy Healer in Ann Arbor. A former professor of Women's Studies and political activist, she is a member of the group, Women of the Circle, *which will be presenting Elizabeth's poetry on May 4th.)*

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Poems by Elizabeth Alberda

LADY IN THE MOON

In the house of the moon
There's no separating the livingroom from the kitchen.
When her milk spurted from her breasts
Drops fell to the Earth to become
A jewell in the lotus, a lily
A flowering revelation in the ear
Om mani padme hum. Lady in the MoonBuddha.
In the house of the moon, the sisters
Mary and Martha sing their soul food into
Something to melt on the epithelium of our tongue,
A delicacy to taste the river of language that merges
Without fear or doubt or any kind of anger.
Lady in the Moon, an amulet of silver light in the dark.
If a woman dreamed of her own image in the moon,
She would give birth to a daughter at full tide.
Lady in the Moon, kneading her bread
Wave after wave over the Ocean,
Even the starfish tremble to ride the wave.
Her bread without a knife.

SOUL-MAKING

What heals the rape of a child
When rape makes the child invisible?
I am nobody. No body. No voice.
No trust in the doors of perception.
What restores her to her body
When she doesn't dwell under her skin.
When she spit out the seed,
No face in the mirror.
Rage blinded her.
The Dark, however, guided her. A long journey to reclaim
Her head, her heart, her guts, her pelvis and her feet brought her to
A room where she left her sleep,
Where music streamed into both sides of her brain
A breathing flower
Where her whole head fell into the smell of lilacs, innumerable
Lavender stars singing
The music of the spheres.
Remember, never forget soul-making,
Grief makes a lake and the Dark made the lilac.

ENERGY

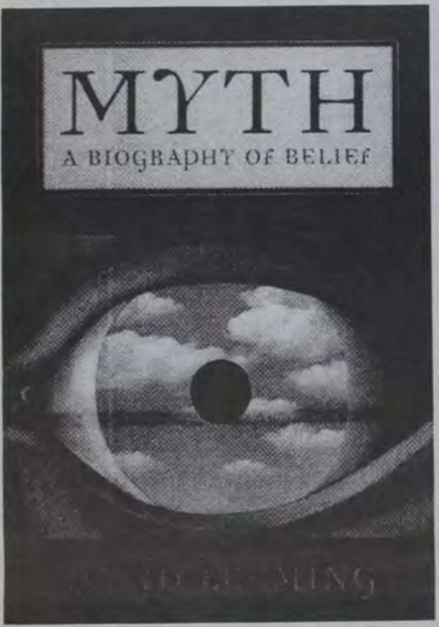
Whoopee Sappho named her the Ocean!
Come with me I'm about some winter cleaning.
Start with the roof, remove the weathercock
Invoke the whirlwind of Eve Eagle, lightning in her
Beak, careful now, transform it into a vacuum cleaner.
Today I found the origin of my dust.
Life making life
What! You're here dusting the threshold of Emily Dickenson's
Home in Amherst. Now there's a woman who cooked soup from
The East. When you're dead, you are not dead.
Plug in that vacuum, remove everlasting punishment.
Prepare beauty above, beauty below and beauty around, God's
Grat Grand Mother is coming. E-gad, take the lip-rounded
Tongue back into the almost vowel W and E weee the sound in
The throat of Joy, contrary to Roman bronze, wash the window
With Blake's Glad Day. E Einsteins's equation: be particular
And if you want, be peculiar, the genius of individual. Do
What you Love! Miriam, the Red One, with her tambourine
Knocked on the Ocean to give Earth her feet for the dance.

Book Reviews

Book Reviews by Katheryn LaMere

A Biography of Belief
by David Leeming.

David Leeming's *A Biography of Belief* is aptly named. This small, friendly book traces the recent history of religious beliefs as they have been evolving in the U.S. In an almost personal way, *A Biography of Belief* explains many things: How did we get here from the uniformity of the fifties? Why does Ann Arbor have a book store called "Crazy Wisdom"? "What," as my religiously conservative grandmother might say if she were alive and willing to read this, "is a good girl like you doing reading books that are not *our kind?*" Leeming actually addresses none of these questions, but the answers can be readily inferred.



What Leeming does discuss is the change in the stories we have been telling ourselves over the years. While exploring belief through the lens of mythology, Leeming revisits the big ideas that have filled our bookshelves and shaped our deeper musings.

As a mythologist, Leeming begins with the dual premise that myth is the human means of making sense of the world, and all myths can be considered equal. Leeming then explores three basic myths: creation, deity and the hero. Zuni, Christian, Veda, and Zen Buddhist stories, for example, are lined up next to explanations of the big bang. Leeming also explores the contribution of Virginia Woolf, the archetypal psychology of Carl Jung and the rediscovery of the ancient mother goddess. New physics shows up as well as the new age and *The Universe is a Green Dragon* by Swimme. Leeming even playfully has mystics of all persuasions get together for a fictional chat.

As I read *A Biography of Belief*, I was delighted to remember my initial discoveries of all of the above. Enjoyment of this book, however, does not require prior knowledge of these still exciting ideas. The personal tone, clear discussion and generous sprinkling of stories from so many traditions make this book equally effective as a retrospective and an introduction.

Not to be ignored, though, is Leeming's posing of a mythological question that needs to be answered. He concludes his book with a call for a new type of hero for our new global world. This is no light task. "We are either heroes of the new myth or captives of the old," he warns. "Those who refuse the call, who hang on desperately to the dying gods and myths of past value systems, will continue to endanger the world with their blindness to reality."

The Inner Reaches of Outer Space: Metaphor as Myth and as Religion
by Joseph Campbell

Leeming's basic premise about the importance and equality of mythologies was first slipped to the U.S public in the late 1980's by Joseph Campbell via the enormously popular PBS series with Bill Moyers. *The Inner Reaches of Outer Space* is a deeper look at some of the material covered in that series.

What impressed me as I was reading these books was that Campbell's first chapter is much like Leeming's last. Both call for a new mythology. Campbell was greatly moved by the now well-known photograph of the earthrise over the moon landscape. From this image he understood that we had no time left to indulge in mythologies that separate us into enemies. Time has passed, though, and we have still not answered Campbell's question: "What is the new mythology to be, the mythology of this unified earth as of one harmonious being?" Campbell did not attempt to give an answer because, as he writes, "One cannot predict the next mythology any more than one can predict tonight's dream. . ."

Mythology, Campbell says, "is the language of the soul," a language we need now more than ever. Mythology misunderstood as literal truth, he says, only breeds hate and war. Mythology must be understood as metaphor. With this underlying theme, Campbell guides us through metaphors of cosmology, religion and art with many intriguing side trips into the details of various world myths, complete with illustrations.

The Inner Reaches of Outer Space was Campbell's last book. It was initially published in 1986 one year before his death (the PBS series aired after Campbell's death). In it he distills his insights "as I have now been considering for some forty-odd years." Campbell's academic style and tone dates some of the material (did Campbell *really* think that citing Kant would prove a point?). Still, the breadth and depth of his research is amazing. Who other than Campbell (the author also of the more well known *The Hero with a Thousand Faces*) has such authority to ask, what will be the face of the hero we need now?

> Campbell writes, "One cannot predict the next mythology any more than one can predict tonight's dream. . ."

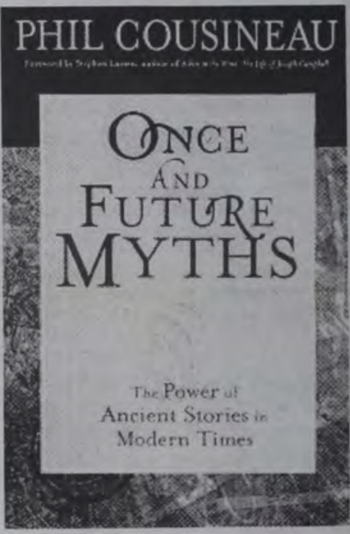
JOSEPH CAMPBELL
THE INNER REACHES OF OUTER SPACE
METAPHOR AS MYTH AND AS RELIGION

Once and Future Myths: The Power of Ancient Stories in Modern Times
by Phil Cousineau

Phil Cousineau didn't wait for the new mythology or the new hero. He took the old mythologies and let them speak to his daily life. In this, he had the personal blessing of Joseph Campbell, who once told Cousineau and some others, "It gives me great pride to see all of you young people making this [mythology] work your own." The scene with this statement can be found in the chapter "The Mythic Power of Mentorship." In other chapters Cousineau explores the myths of creative struggle, time, travel, the city, and sports.

Cousineau uses myth as Campbell suggests— not to give meaning to life, but to charge our lives with vitality. This is the "follow your bliss" potential of myth. The "be the hero/heroine of your own life" potential in all of us. As examples, each chapter of *Once and Future Myths* explores both the history of a myth and how it has played out in Cousineau's own life.

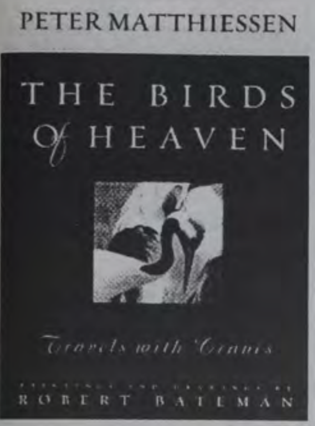
In the chapter on sports he gives us more than the history and intent of the original Olympic games. We read how Cousineau used his last dime to fly across the country to bring his three year old son to the final game at the old Tiger stadium in Detroit, where his father had brought him to watch baseball. The three year old liked the ice cream and hated the fireworks. Three year olds are like that, and Cousineau didn't seem to mind. It was the bigger picture, the historical and metaphorical overtones, that Cousineau was savoring. The three year old's perspective and the beer and the game were half the fun. The other half was participating in the myth of sport.



> We read how Cousineau used his last dime to fly across the country to bring his three year old son to the final game at the old Tiger stadium in Detroit, where his father had brought him to watch baseball. The three year old liked the ice cream and hated the fireworks. Three year olds are like that, and Cousineau didn't seem to mind. It was the bigger picture, the historical and metaphorical overtones, that Cousineau was savoring.

My favorite chapters were those on the city (interesting history of coffee there) and on the creative struggle (the myth of Sisyphus as interpreted by Camus). Cousineau shows us how even by doing things like drinking coffee in a café we can consciously participate in tradition, in myth— and double our fun.

The Birds of Heaven: Travels with Cranes by Peter Matthiessen



This book has everything. It has myth and bliss, travel to remote regions of the earth, history, mystery, some of the nitty-gritty of world politics, and the struggles and hopes of small groups of people working against the odds. The myth in *The Birds of Heaven* surrounds the crane, the largest and oldest of all birds on earth. The crane has been, as Matthiessen points out, " revered as a symbol of long life, good fortune, harmony and peace" and other good things throughout the ancient myths of the world. Matthiessen's main point, though, is to highlight the current importance of the crane: "These elegant birds, in their stature, grace, and beauty, their wild, fierce temperament, are striking metaphors for the vanishing wilderness of our once bountiful earth. . ." Cranes are a living myth threatened by death as humans daily continue to destroy their habitats around the world.

Obviously, Matthiessen is what he calls a "craniac." He follows his bliss by following the cranes. *The Birds of Heaven* recounts Matthiessen's travels to see every type of crane that lives. From Siberia to China, Australia and Africa, he happily goes through every imaginable physical discomfort to count cranes—not that he spends much ink on himself. Instead, he provides exact and telling descriptions of the people and places and cranes he visits. With rich detail, Matthiessen illuminates the complexities of promoting crane survival. For example, on a small boat bringing a small group of "cooperating" international experts to a remote crane nesting area along the Russia-China border, the Russians are always "forgetting" to invite the Chinese on the shore excursions. In India, conservationists transformed the black-necked crane from practice targets for the Hindu soldiers to sacred and protected birds by renaming them "Tibetan" cranes. In Australia's Gulf of Carpentaria, on the other hand, cranes are safe simply because their habitat is "a wet green hell that few would consider a fit habitat for human beings."

> Cranes predate people on this planet, and some are tall enough to look grown people in the eye. Crane couples "sing" in unison. Crane flocks traverse half the globe in yearly migrations. Cranes dance for each other and suffer no foolishness from other species, including any humans who try to look them in the eye.

Just the cranes themselves are also interesting. Cranes predate people on this planet, and some are tall enough to look grown people in the eye. Crane couples "sing" in unison. Crane flocks traverse half the globe in yearly migrations. Cranes dance for each other and suffer no foolishness from other species, including any humans who try to look them in the eye. I found this last bit of information good to know because I have encountered Sand Hill cranes on spring walks at Kensington Park in Milford. To be honest, though, Matthiessen tells more about cranes than I really wanted to know. I simply skipped some sections on the various types of trachea and crane kinship intricacies.

The special offering of *The Birds of Heaven* is taking a look at the human species from a crane's eye view. It shows we need to change. Here, too, we are shown the need for a new global mythology. Unchecked development, overpopulation and war are eliminating the natural lands the cranes require—and that the human species at the global level also requires.

Matthiessen is pessimistic about the future of cranes, yet he introduces the reader to craniacs and conservationists in every country he visits. *The Birds of Heaven* shows us that although the difficulties are huge, there still is hope for both species, cranes and humans.

Poetry

Four poems by Robert Thibodeau of Mayflower Bookshop

Parting Lips

The eternal return
to forever
disappearing
in a kiss
or
the Troubadour's lament
and divine tragedy

We both have a paper to write
a gift birthing in the world
wrestling in the dark and light
in flesh, in color, a word
a kiss awakening,
a flood of inspiration,
a flash, a mere fragrance,
a forgetting to remembering
love's everlastingness
even a single touch.

True Love

It is the Divine
intersecting the human
spirit flame
frees the candle
the art and craft of the wizen
the darkness lit in our dreams
the rupture, the rapture, surrender,
the provocative truth with no shame,
eternity embracing the moment,
the moment raised in flames.

tongues of green fire

Tongues of green fire, sweet blades of grass
rise from the grave of old winter past
in wet kiss surrender wet morning dew,
ancient earth, old heaven, awaken anew.
Breath of the song, wings of my heart
strengthen my will, your alchemical art;
may the fire holy angel, star within
flower in works bringing happiness
To the garden lost, wandering souls;
seeking the wholeness within to grow
through tragic and broken childhood dreams
to the love and truth forever free us
in good work and friendships
that never leave us, may all ripen
within and come to true season
hearts melting to greater wholeness
a greater love and higher reason
each of us is a blade of grass
a leaf in the book of everlastingness.
So; Tongues of green fire, sweet blades of grass
rise from the grave of old winter past.

what the road is made of

there is no poem captures the moment
the glance, the touch, the kiss, the warmth.
there is no key to unlock the secret
the thousand lives this one adorns
but grace, spirit, unfold before us
love's flame burn our way clear
within sacred heart vows keep us
holy weaving all far and near
root, leaf, blossom, flower
come to fruit, seed, root inside
hold us in this fragile hour
heaven to earth, earth to sky
string our songs into a necklace
stars to circle blue green earth
string our stories into gardens
we pilgrim souls in joy and mirth
till the rivers run not foul
till the birds all come to nest
till the smiling face of morning
upon our heart and mind does rest.

Illustration by Nicole Macdonald

A Poem by Helen R.Weingarten

Dressing up in Ann Arbor. . .

In the mirror behind my reflection, the ghost of my mother dresses up in the navy-blue lace gown she wore to Bar Mitzvah parties on Long Island. Behind her, her mother stands wearing a faded grey flowered housedress and sensible club heeled oxfords that lace up the front.

When I was ten, I dreamed of going to synagogue with my future husband and children in a blue felt hat covered with peacock feathers, of handbags that matched each of the fifty pairs of shoes
in my closet, of pink cashmere sweater sets that didn't pill or fuzz.

My friend Joanie, who works as a buyer for Neiman Marcus asks: "Don't people in Ann Arbor care how they dress?" She doesn't have a clue how long it took to find Birkenstocks the exact same shade as my purple chenille top.

When I wear my red plaid fleece sweatpants on dreary February afternoons, I feel as comfortable as chicken soup and happier than a Ralph Lauren model in her tweedy chesterfield jacket and patent leather riding boots.

People in Ann Arbor do care about looking good, but if we're lucky, we care about other things more. . .

Take Two Apples And Call Me In The Morning~

An Excerpt From the New Book by Judy Stone, Ann Arbor's "Nutrition Magician"

Editor's Note: Judy Stone is a certified nutritionist, and a passionate cook, who specializes in wellness nutrition. She is the publisher of Eater's Digest, an online newsletter at www.nutritionmagician.net*. Stone has also been a Bioenergetic therapist for many years. She is a cutting edge and iconoclastic thinker in the growing field of "conscious eating". Her new book will be available in bookstores in early June. What follows is the Preface to her book, and a slim portion of her second chapter.*

Preface

The controversy in recent years among government officials, the media, nutritionists, diet gurus, and consumers over the "low-carbohydrate diet" phenomenon is nothing short of a good old- fashioned, lunchroom food fight. Whatever you know or don't know, believe or don't believe about the low-carbohydrate trend, no one disagrees with the fact that the predominance of overly processed carbohydrates, sugar, fast food, and highly manufactured products has spawned a health crisis of great magnitude in this country. It would be hard to make a case otherwise when we look at the epidemic occurrence of diabetes, obesity, ADD/ADHD, depression, high cholesterol, hypertension, and other chronic illnesses.

In my own small corner of the world, practicing as both a psychotherapist and a nutritionist, I have been awed by the power of food to change people's lives. Significantly reducing their consumption of sugar and refined carbohydrates has produced nothing short of miracles in many of my clients' lives and in their emotional and physical health. So dramatic were these changes that I began to feel I could do more to help people in less time as a nutritionist than as a psychotherapist, which eventually prompted me to focus my practice solely on nutrition. In addition to nutrition coaching, I also teach cooking classes, present corporate wellness programs, write articles, and give workshops, and the appetite for this information is huge. What I see, though, is that as hungry as people are, all too often the desire of well-intentioned people to improve health gets buried by frustration, confusion, and ambivalence about learning a different way of eating.

We live in a society that makes it cheaper and more convenient to eat poorly. We exist at a time in history when forty years of misguided but persuasive thinking about the role of dietary fat has created a powerful "low fat economy" based on thousands of products that increase the very problems they claim to prevent. This economy is supported by a pharmaceutical industry eagerly serving up costly drugs to clean up the mess. The bottom line? It's been too difficult and too unappealing for most Americans to give up a way of eating that has been made more affordable, more convenient, in our minds more correct, and in our experience more tasty.

We live in a society that makes it cheaper and more convenient to eat poorly. We exist at a time in history when forty years of misguided but persuasive thinking about the role of dietary fat has created a powerful "low fat economy" based on thousands of products that increase the very problems they claim to prevent.

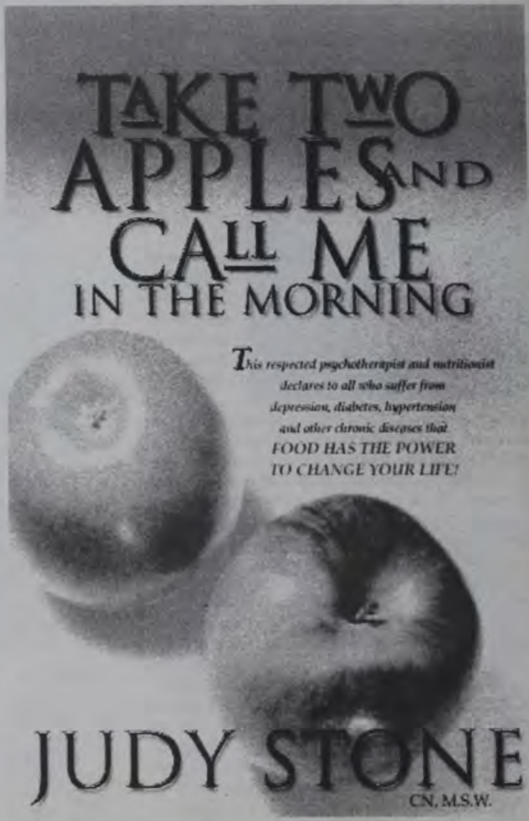
We are a nation of people who have come to rely on experts and magic bullets to lead us into health. Although "experts" can be a wonderful source of inspiration and gathered knowledge, they are no substitute for cultivating our own desires and inner wisdom to guide us through change. And magic bullets don't come cheap. There is and always will be a price we pay for "easy." The price might be in the dollars we pay for medical care, fancy spas, personal chefs, or structured diet programs. Or it will likely be at a more precious price, the cost of our health and quality of life when we use a myriad of medications with all their side effects, or the cost to our well-being and our self esteem when nothing we try works. We've been sold "instant," and that's what we're used to— instant pudding, instant weight loss, instant drug relief. But changing our individually and collectively declining health requires more time and patience than "add milk and stir," "lose ten pounds by Christmas," or "just one pill spells relief."

Many people have gotten the message that 90 percent of illness and poor health can be treated or reversed through daily behavior choices that each of us has under our control, such as food, exercise, drinking, and smoking. After talking over the past few years with hundreds of people about nutrition and health, what I have noticed is that more people than ever are aware of the toxicity of sugar, refined carbohydrates, and manufactured fats. But most are overwhelmed by the prospect of making the shift to a healthier way of eating in the midst of already over-burdened lives. It's no wonder we are still choosing to spend billions annually on high-priced drugs, high-tech surgical procedures, and out-of-control health insurance premiums.

My vision for this book was to create a coaching manual that would inform, inspire, and be the next best thing to having a personal nutrition *and* cooking coach available 24/7. Understanding how the body uses the food you're eating to either support or deplete health is a great motivator for you to make a change. But translating that understanding into action is another "kettle of fish," as the saying goes. The gaps between knowing what to do, knowing *how* to do it, and doing it consistently can be quite large, and they have swallowed many of us repeatedly. Learning to tell the difference between what nourishes your body and what fattens the food industry at your expense isn't easy. There are so many other pieces that contribute to long-tem health and that can support your efforts to change—things like beliefs and attitudes, exercise, sleep habits, supplements, etc. But trying to "just do it" can send you scurrying in too many directions, getting you nowhere at all.

Take Two Apples and Call Me in the Morning is a meal of many courses, carefully made with all of the ingredients that have been helpful to my clients and students over the years. I serve it to you with the hope that it will inspire in you an enthusiasm to take charge of your health in what I believe is the most powerful and direct way possible—through the food you eat every day. This is an ongoing meal not meant for you to devour in one or two sittings—you will surely feel stuffed and uncomfortable if you approach it that way. It is not a diet program, although it does have concrete suggestions for structuring your eating based on an understanding of *your* body and *your* physical and emotional health needs. This book may not give you the high of the latest, dramatic diet plan. It is grounded in good nutrition but, more importantly it is grounded in the reality of how people like you or I plan for, execute, and integrate big changes that will stick for the long haul. One step at a time. Your time.

I will consider this book successful if your desire to eat differently and exercise regularly is ignited, not because I've convinced you of anything, but because after trying a few small changes, you are not able to ignore how much better you feel. And I will consider it successful if, beyond that, it continues to provide you with the support, information, and guidance you need to keep building on those first delicious experiences of better health.


TAKE TWO
APPLES AND
CALL ME
IN THE MORNING
This respected psychotherapist and nutritionist
declares to all who suffer from
depression, diabetes, hypertension
and other chronic diseases that
FOOD HAS THE POWER
TO CHANGE YOUR LIFE!
JUDY STONE
CN, M.S.W.

How to Use This Book

This book has three purposes. The first is to demystify nutrition by correcting fallacies that have become doctrine in last few decades and by presenting some of the current thinking in the relationship between what you eat and how you feel. I have pulled from many sources and resources to help you separate the "wheat from the chaff" and to enable you to make informed choices about what you put in your body.

The second is to take judgement, rigidity, frustration, deprivation, and futility out of trying to change how you eat and to replace those with patience, compassion, and reality. Take Two Apples and Call Me in the Morning is written to reflect the reality of how real people learn and change. Effective change is not instant and it's rarely ever a constant move in a single direction. Being flexible and compassionate enough to grow at your own pace is a key to success in any endeavor. This book will help you both challenge yourself to set and meet your goals and give you room to be human.

The third purpose of this book is to hold your hand in the kitchen, as much as this print medium allows, until you get comfortable with eating a healthier diet. If you're going to eat healthy food, learning what to buy, where to buy it, and how to prepare it is certainly a necessity. And if you're not a cook, there are chapters and ideas to support your healthy eating as well.

I've structured Take Two Apples and Call Me in the Morning to be both informative and practical. The first seven chapters are each divided into three sections: Understanding Your Body, Nutrition Magic, and Moving Forward. In Understanding Your Body I present in a clear and simple way how your body and brain work with the food you eat, describing how different foods enhance your well-being or deplete your health. These sections look at how the food that makes up most people's diets—refined carbohydrates, sugar, poor-quality fat, caffeine, and highly manufactured foods—affect emotional and physical health. It also looks at how we have gotten away from eating the food that would nourish us and keep us healthy with much less disease, depression, obesity, emotional problems, and reliance on medications.

Photo by Liz Brauer

The Nutrition Magic sections are designed to help you take the information from Understanding Your Body and apply it to your diet. In Nutrition Magic you will find very specific food information, such as good sources of protein, how to incorporate healthy fats into your diet, or which foods can trigger depression. This section is also your step-by-step guide for making dietary changes. Every time you see an apple symbol, it will be followed either by a recommendation to make a small change in your diet or perform a task to support the changes you want to make (such as doing a "kitchen cupboard makeover.") The changes marked by the apple symbol are ordered in the way that I have found to be the easiest and most immediately rewarding for people. There is no timeline for making these changes other than your own. It may take you three days or three weeks to implement a step; you're not "good or bad" for doing it faster or slower. Each step will make you feel better and it's your choice to balance that goal against whatever discomfort or inconvenience you feel from making any given change.

It has always been my philosophy that changing one's diet should be a process of adding in, rather than taking away, whenever possible. This both eliminates a sense of deprivation and anxiety, and provides nourishment to balance the body. When the body becomes more balanced, the desire for foods that deplete rather than nourish fades away and a lot of the struggle of changing one's diet is removed.

The third section in each of the first six chapters, Moving Forward, is focused on the nonfood aspects of change that relate to or support changing your diet and your health. For example, the first two Moving Forward sections discuss how we incorporate or get rid of beliefs and attitudes that either support or sabotage change. Other chapters take a look at sleep and overcoming sleep difficulties and exercising effectively to increase fat burning or to improve cardiovascular health. The walking puzzle piece symbols indicate a structured task that you can work on, such as replacing your inner critic with an inner cheerleader, figuring out your target heart rate and ideal target exercise zones, or planning a strategy to improve your sleep. Unlike in the Nutrition Magic sections, the order in which you try the Moving Forward exercises is less critical. See what resonates with you and choose your own order.

The rest of the book is exclusively devoted to helping you get accustomed to a new way of eating and gradually expanding your comfort with and proficiency at feeding yourself well. Chapters Seven and Eight address practical challenges, such as travelling, stocking your refrigerator, freezer, and pantry, and getting organized to make healthy cooking efficient and healthy eating convenient. These chapters are written for people who cook—and those who don't. Chapter Nine is for those who are ready to step up their healthy cooking. Here you'll find menu ideas, step-by-step plans for doing a week's worth of cooking at once without impaling yourself on a knife, and suggestions for creatively turning the same food into different dishes. Chapter Ten will tell you how to satisfy your taste for something sweet.

All of the recipes more complicated than a hard-boiled egg are included in the Cookbook section. For those who have rarely visited their kitchen I have included the most basic of instructions. Even if you have cooked, many people are unfamiliar with cooking methods and techniques for working with whole, fresh foods—leafy greens like kale or collards, nuts and seeds, healthy fats such as flaxseed oil, natural sweeteners like the herb stevia. The Cookbook and the Glossary will provide information on what these foods are, where you can find them, and how you can prepare them.

The first appendix discusses the topic of supplements and herbs. The second appendix contains a compilation of any website or book resource mentioned within the book as well as some additional good references.

Use this book as you would your refrigerator or pantry. It will hold the information you need and you can come here whenever your appetite for change surfaces. Sometimes you might just want a snack, other times a meal. One day you may eat a lot, the next day very little. Always allow yourself time to digest; it's never wise to eat on a full stomach!

Chapter Two: Fat Fiction, Lean Fact

Since the early sixties, we have been highly conditioned with the message "fat is bad." The viewpoint of the media, the medical journals, the pharmaceutical industry and the food industry has been that saturated, meaning animal fat causes high cholesterol. And high cholesterol, we're told, is a leading cause of heart disease.

Many scientists have long questioned the fat-heart disease hypothesis and the research used to support it, but their voices have been silenced by the chorus of "fat causes heart disease" advocates. After forty years, even those folks are acknowledging that the picture is much larger and more complex than the simple generalization that fat is bad. Fat in general, and cholesterol in particular, have some very critical functions in promoting and protecting our health, including heart health. There are many other factors beyond quantity that need to be considered in understanding how the body responds to dietary fat

All of the "replacement fats"—the zero cholesterol vegetable oils and margarine that we all thought were healthier—are not looking so great under the scrutiny of current research. And there is a significant amount of well-researched and published evidence demonstrating that many of the original and most often cited "cholesterol studies" do not actually support the conclusions they are reported to conclude.

> My vision for this book was to create a coaching manual that would inform, inspire, and be the next best thing to having a personal nutrition *and* cooking coach available 24/7.

One trend that has become evident is that there are also many negative health effects from too little fat and from too little of the right kinds of fat. The issue may well be not how much fat is in our diet, but what *kinds* of fat are we consuming and from what sources? Many of the fats placed on the market since the "cholesterol scare" of the last four decades we're now being told to avoid.

In "Fat Fiction, Lean Fact" we'll examine some of the current research and thinking about cholesterol, heart disease, and obesity. We'll also discuss the health impact of fat-restricting diets and the use of "replacement fats." And of course, you'll get some guidelines for healthfully including fat in your diet in the Nutrition Magic section. The Moving Forward part of Chapter Two will give you tools to work with some of the emotional resistance to successfully changing how you eat. You will learn about how your subconscious works to both learn and unlearn negative and self-defeating thought patterns. And you will discover how you can effectively use these same techniques to supply your subconscious mind with positive, success-oriented messages.

Understanding Your Body

It's Time for Fat-Friendly Thinking

Confused about fat? Join the club. Dietary fat plays complex roles in the functioning of your brain and body, and the significance of fat to your health has been lost in the tidal wave of anti-fat messages. Accurate information about fat has been ignored or convoluted by agendas that reach far beyond the health needs of you and me. It's important to recognize that four decades of "fat is bad" thinking has produced many food products, drugs, services, and models of medical treatment that are based on the assumption that fat, particularly saturated fat, is bad for us. "Bad fat" thinking has produced a tremendous product and service economy of its own, and for that reason alone, those who challenge that way of thinking, no matter how scientifically credible, struggle to be heard. And the fact is, we simply have more information now than we've ever had about dietary fats and health, and more is continually being discovered. As frustrating as it may be that things keep changing, just remember you have a goal to be as healthy as you can be, and that means keeping up with the current state of knowledge.

Fats are essential to your health in so many ways. Fat is a key element in the structure of the brain, nervous system, cells, and hormones. And, surprising though this might seem, fat is necessary for your body to burn fat. Some fats, especially the saturated ones, contain antimicrobial properties that help your cells to resist infiltration by bacteria and other pathogens. Although fat is reportedly a primary cause of heart disease, studies across the globe show neither strong nor consistent evidence that a decrease in fat intake, especially animal fat intake, results in lower levels of heart disease or deaths from heart disease.

Shocked to hear this? Most people in my classes or those whom I see in my office have been religiously following lowfat diets for years or decades and find it scary, threatening, or confusing when I present this information. But most also know that what they've been doing has not been working to support their health. And it's pretty hard to ignore the fact that among U.S. women, heart disease has been steadily increasing. The number of overweight men, women, and children in the United States has been and continues to be on the rise despite the fact that fat consumption has been decreasing for forty years.

How can this be? Well, for one thing, Americans are eating significantly more refined carbohydrates than ever before. Remember the negative impact of elevated blood sugar and insulin on health we talked about in Chapter One? None of the studies on the health effects of fats ever took that factor into account. It appears that calories and fat are handled differently in your body depending on blood sugar and insulin levels.

Second, since the "cholesterol scare" beginning in the early sixties, the grocery stores have been flooded with no-cholesterol vegetable oils, margarine to replace butter, hydrogenated and partially hydrogenated fats in a majority of foods, and enormous varieties of fat-free products. Until very recently, nobody thought to study the effects of these manufactured foods on health. Now that we are, the findings require that we rethink our whole model regarding dietary fat.

Finally, many researchers have gone back and thoroughly examined the data in many of the original studies concluding saturated fat raises cholesterol levels and elevated cholesterol levels increase risk for heart disease. These

From...
Take Two Apples and Call Me in the Morning
By Judy Stone (continued)

credible scientists are critical of how the original studies were reported and strongly refute that the data support these conclusions.

So sit back, open your mind and prepare for an attitude adjustment about fat!

Smart, Happy People Eat Fat

As a former psychotherapist, I find one of the most exciting areas in nutritional research today to be the study of the effect of food on our thoughts, emotions, and behavior. And fat plays a key role in this. Do you remember hearing when you were younger that fish is brain food? The reason is fish contains some specific types of fatty acids critical for brain functions and not found in other food sources. By brain functions I'm talking about several things that affect your moment-to-moment well-being. Things such as:

(a) the ability to manufacture the chemicals that regulate your moods; (b) the ability to process information and thoughts; (c) the ability to focus and concentrate; (d) the ability to appropriately control behavior; (e) the ability to direct all the physical functions of the body at the cellular level as well as the activities of organs and muscles.

In addition to this, the brain itself is composed of 60 percent fat and the source of that fat is, or should be, your diet. So what do you imagine happens to all these functions when you decide that fat is bad for you and strip most of it from your diet?

Many parts of the nervous system that carry out the brain's directives are composed of fat as well. The *myelin sheath* is the fat layer that surrounds and protects nerve fibers and helps with the transmission of nerve impulses along this information superhighway. *Nerve synapses*, the connecting link between two nerve cells, are composed of fat. When your diet contains inadequate amounts of fat or the wrong kinds of fats, all of these fat-based structures are compromised and may deteriorate, which means that all of the functions that depend on these structures suffer. There is a growing body of research linking many diseases and conditions with fatty acid deficiencies. Depression, attention deficit disorder and hyperactivity, schizophrenia, bipolar illness, diabetic neuropathy, multiple sclerosis, ALS or Lou Gehrig's Disease, stress, seizure disorders, sciatica, dementia, Alzheimer's, and many other conditions that result from diminished or impaired nerve conduction have been noted to improve with the addition of specific fats to the diet. This doesn't mean we know for a certainty that all of these conditions are caused by lack of fat or can be cured by adding it. It does mean that a fat deficiency appears to be present in each of these conditions and that symptoms frequently improve with the addition of certain types of dietary fat.

It Takes Fat to Burn Fat

Fat is even necessary for your body to burn fat. Bile salts, manufactured by the liver, help break down dietary fat so your body can utilize it. Cholesterol, a type of fat I know you've heard about, is necessary for the production of bile salts.

There is another very significant way fat helps your body to burn both dietary and stored fat that researchers are more recently looking at. We actually have ***two types of fat cells*** in our body, white ones and brown ones. The ***white fat*** cells are the ones that hold gatherings around your midsection and any other places they can find to hang out, hoping someday to be needed. ***Brown fat*** cells, however, lie deeper within your body, providing cushioning to vital organs and the spinal column. But these brown cells also have another important and very specialized function. Brown fat cells' *primary* job is to burn calories to provide heat energy for your body. That's right, these little guys and gals exist to munch on calories you take in as well as any stored fat you may have hanging around. This process of producing heat energy by burning calories is called ***thermogenesis***.

Brown cells have their own metabolism, and the more revved up it is, the more efficient your body is at burning incoming food and body fat. French researchers in a 1992 study were able to measure the level of thermogenesis taking place in three groups of women: those who had no trouble with weight control, those with a history of obesity, and those who had recently experienced weight gain and were having difficulty losing the weight. What the researchers found was a clear relationship between the level of activity in the brown cells and the tendency of the body to gain and hold weight. The women with no weight problems had an increase in thermogenesis when calories were taken in (in the form of sugar water) whereas the other two groups had no increase in calorie-burning activity. The women in the group with a history of obesity not only didn't increase their brown cell metabolism, in addition their body stored the calories (totally unfair, I think we agree!). Well, guess what substance has been found to kick those little brown cells into working their (or your) butts off? You guessed it—fat! That's right, it takes fat to burn fat. Later we'll talk about which kind of fat accomplishes this minor miracle.

Essentially Healthy

One type of fat in particular—cholesterol—is the critical component in the manufacturing of hormones. While women tend to be most aware of hormones because of reproductive cycles, hormones have a much broader impact as information chemicals that "run" the body. Insulin discussed in Chapter One, is one example, but many more hormones are involved in reproduction, growth, metabolism, building bone density, and maintaining fluid and electrolyte balance in the body.

Did you know that nicks in your arteries are repaired with cholesterol? Cholesterol is so important that roughly 75 percent of what your body uses the liver manufactures itself, increasing or decreasing output depending on how much cholesterol you get in your diet. In fact, this is why cholesterol restriction is *not* an effective way to control blood cholesterol. Your body knows how much cholesterol you need from day to day and will override dietary attempts to manipulate its level.

Fat is also a critical component of something called ***prostaglandins***, which are hormone-like regulatory substances that affect virtually every system and cell of your body. Prostaglandins are made from essential fatty acids, which are fats that we need to get from our diet because the body cannot produce enough of them on its own—that is why they're called "essential." Prostaglandins regulate things like:

- (a) Expansion and contraction of arteries and blood vessels; (b) Blood thinning and clotting; (c) Pain transmission; (d) Inflammation; (e) Immunity; (f)Cell proliferation.

There are two types of prostaglandins, known as "good" and "bad." These are relative terms and not exactly accurate, because we need both types; we just need them in proper balance. For example, the so-called good ones promote expansion of the arteries while the so-called bad ones cause constriction. Too many of the bad ones leading to over-contraction, could cause what we know as a heart attack. But too much expansion would decrease pumping and circulation of blood. So we must have both types of prostaglandins to keep these opposing functions in balance.

Let's go through this list above and see how the regulation of each of these functions is related to your health and could be related to various health problems.

- Expansion and contraction of arteries and blood vessels:

The ability of arteries and blood vessels to expand and contract rhythmically and with flexibility is the mechanism behind pumping blood to feed every cell and function of your body. This expansion and contraction is critical to overall health and to preventing heart attacks and high blood pressure.

- Blood thinning and clotting

If blood clots too much, we run the risk of strokes; if it doesn't clot enough wounds won't heal.

- Pain transmission and Inflammation

Pain transmission is a concern for anyone with a condition that involves chronic or temporary pain such as fibromyalgia, arthritis, or an injury, to name a few. Allergies, arthritis, lupus, and inflammatory bowel disease all involve inflammation and are examples of conditions where the body's inability to tone down its inflammatory response is central to the symptoms of the illness.

- Immunity

In the immune system, proper regulation can make the difference between being able to fight off illness appropriately and an immune system that becomes overactive and begins to mistakenly attack itself, the central feature of autoimmune diseases like lupus, fibromyalgia, chronic fatigue, arthritis, and AIDS.

- Cell proliferation

Wound healing, tissue repair, growth, and fetal development are examples of healthy cell proliferation. Cancer is a disease in which cell proliferation runs amuck; cancer cells grow and spread out of control.

Can you see how having enough of the proper fat in your diet to produce hormones and the right balance of prostaglandins is essential for preventing or treating many common health problems?

Still not sure it's wise to consider fat your friend? Here are a few other ways that fat supports your health. Healthy structure of your cell walls relies on having enough fat. Too little fat, especially saturated fat, theoretically the "bad boy" of all fats, causes cell membranes to become too "soft." When cell walls lack the proper amount of stiffness, they are more permeable to pathogens and carcinogens. Too much unsaturated fat, especially the polyunsaturated vegetable oils, causes cell walls to become "watery." Cell wall integrity is a vital part of keeping up your immunity to illness. And if cell walls don't provide an adequate screen against foreign invaders, then DNA, your genetic material, is more at risk for being exposed to mutating agents, including cancer.

If your body doesn't have enough fat or can't utilize it properly your ability to use the ***fat-soluble vitamins*** A, E, D, and K is compromised. Among other things, each of those vitamins is important to your vision, heart health, bone structure, and blood clotting, respectively.
essential fatty acids? Doesn't it make sense that many of today's health problems are connected to the *lack of natural fats* in our diet?

###

(Editor's Note: Chapter Two also includes a section on "Unfriendly Fats" – hydrogenated fats and trans-fatty acids; practical information on good fats to buy and how to store them; an exercise to help readers identify what kinds of fats they're currently eating; step-by-step ideas for making dietary changes; and a section on how to incorporate or get rid of beliefs and attitudes that either support or sabotage change.)

Recipe

Butterscotch Pudding

serves 6
This healthy version tastes so much better than the stuff out of the box! Topped with a dollop of whipped cream, it makes a very special dessert. Serve it with a meal that has been light in carbohydrates

2 C cooked mashed **Yams** (Red Garnet gives sweetest flavor)
1 C Original flavored **Amasake****
1 **Egg**
1 oz **Vanilla Whey Protein Powder**
1½ teaspoons natural **Butterscotch Flavoring**
2-4 drops **Stevia Liquid**

1. Blend all ingredients in blender or food processor until very smooth.
2. Pour in baking dish or individual ramekins. Bake at 350° for 30 minutes or until custard is set and the top is golden brown. Can serve warm or chilled.

Per serving: 133 kcal; 6g protein; 22g carbohydrate (1g fiber); 1.7g unsaturated fat

** **Amasake** is a thick, very sweet liquid made from fermenting brown rice. Its sweetness is naturally occurring and fermenting the rice makes it a very digestible, nutritionally available food. However, it should be used sparingly because even though its sweetness is natural, it still affects blood sugar levels.

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If you are on a journey to healing and wholeness, I can help you:

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Lucinda R. Kurtz, M.A.
Barbara Brennan Certified Hands of Light Healer

Ann Arbor, Michigan
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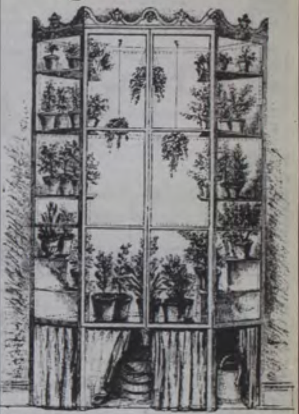

Spring seedlings in May
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BODY, MIND & SPIRIT SERVICES

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DROP-IN PSYCHIC/INTUITIVE READINGS WITH DIANE EVANS
2nd and 4th Thursdays of each month; 8 to 10 p.m.
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DROP-IN TAROT READINGS WITH KATHY BLOCH
Every Tuesday; 7 to 10 p.m.
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DROP-IN MASSAGE WITH MICHAEL BRATCHER
Saturdays, 2 to 5 p.m.
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DROP-IN ENERGY SOMATICS WITH VALERIE SNOWDON
Fridays, Noon to 3 p.m.
$1.00 per minute. No appointment necessary.

DROP-IN SHIATSU WITH CYNTHIA CONKLIN
Friday nights, May 24, June 28, July 26, August 23; 7:30 to 10:30 p.m.
$1.00 per minute. No appointment necessary. Call (734) 213-1773

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The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Drop-In for Shiatsu with Cynthia Conklin at Crazy Wisdom Bookstore • May 24, June 28, July 26, Aug. 23; 7:30-10:30 p.m. • Drop by the bookstore on one of these Friday evenings to experience Shiatsu, an ancient Oriental body therapy. Relax on a futon for a gentle, penetrating, nurturing and effective treatment that will restore your vitality and stamina. $1 per minute, then move to the Tea Room for live music! For information, call 213-1773.

Self-Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan • May 4, 1:30-3:30 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, one can facilitate the release of tension promoting the circulation of one's Chi (internal energy flow) in that area. Students will focus on the techniques of Acupressure and the Acupressure potent points that release physical tension. $50. Call 741-0695; www.peacefuldragonschool.com.

Reflexology at the Ann Arbor Institute of Massage Therapy with Prema Smith • May 4-5, 8:30-5 each day • This is a holistic approach to an ancient form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current international research as well as its clinical significance. The basis for treatment evolves from the harmful effects of stress on the body's systems. 14 CEU's. $250. Call 677-4430 ext. 21, fax 677-4520, aaimt@earthlink.com.

Acupuncture and Oriental Medicine: An Introduction with Brodie Burris • May 6, 7:30 • A condensed introduction to the practice and principles of acupuncture, Chinese herbology and related modalities. Lecture will include demonstrations and will answer your questions. Free. Call 975-2745; brodisan@aol.com.

Adventure Travel

Trekking and Exploring in the Himalayas in Nepal with Heather O'Neal • June 14, July 19 or Aug. 23; 7 p.m. • Slides, video, stories and more will bring Nepal to life. Entertaining and educational, bring the whole family. Learn how to create the vacation of a lifetime. Free. Call 369-3107, ofglobal@aol.com.

Animals & Healing

The Animal-Human Energy Bond with Betsy Adams through Gateways Center for Life Enrichment • May 4, 1-5 p.m. • In this workshop, Betsy will help you comprehend and feel more clearly who your animal companions are. We will also explore the spiritual evolution of the animal kingdom and how our health and longevity are affected by our pets. Also learn to help in your pet's physical, mental and emotional healing and where these states may be out of balance. $45. Call Betsy at 734-475-4230 or Gateways at 677-8889.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • June 9, 10 a.m.-7 p.m. and June 10, 7-9:30 p.m.; or Aug. 3, 9 a.m.-6 p.m. and Aug. 5, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com.

Healing with Animals and Nature with Phyllis Perry • Six 90-minute sessions, call for dates and times • We will read chapters from *The Tao of Equus* and *Horse Sense and the Human Heart*. Learn and discuss how our relationship with animals and nature help us heal and grow. $120 for six weeks. Call 973-0003.

Art & Craft

Art and Soul at Windrise with Pat Hoff • July 19 in the evening to July 21 in the afternoon • Treat your playful spirit to this exploitation of color. We'll learn to paint on just about everything! Come embellish your world with paint. $300. Call 262-644-6181; chupat@nconnect.net.

Face Casting with Ann Lyneah Curtis of Yourist Pottery Studio • Aug. 11, 1-4 p.m. • Face casting can lead one on a visual and tactile journey of self exploration and ancestral connection. Experience this ancient art through a hands-on workshop where you will learn to cast and have your own face cast. Options for using your casting as a mold to create additional art pieces will be discussed. $34. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Photo by Linda Lawson

David Lawson is a meditation teacher at Deep Spring Center, and an environmental program manager.
I love meditation practice for the joy, stability, and peace it brings to me. Every day, my practice is teaching me how to live more fully and vividly, and also how to begin to free myself from fear and reactivity. And I am learning that I no longer need to hide from life, that I can finally be at home in this world. It is because of its transformative effect in my life that I find such joy in sharing it with others.

Beginning and Advanced Throwing on the Potter's Wheel with Kay Yourist of Yourist Pottery Studio • Six Wednesdays, June 12-July 17, 6:30-8:30; Six Thursdays, June 13-July 25, 12:30-2:30 or 6:30-8:30; Six Tuesdays, June 18-July 23, 6:30-8:30; Six Wednesdays, July 24-Aug. 28, 6:30-8:30; Six Mondays, July 8-Aug. 12, 6:30-8:30 • You will learn the basics of pottery making on the wheel or continue to explore more advanced throwing techniques. By the end of the first six-week class session, you will have cylinders and mugs to keep. The results of your time in the studio will be relaxing as well as enjoyable. $155 plus basic pottery tool kit for $13. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Introduction to Handbuilding with Clay with Rachel Jensen of Yourist Pottery Studio • Adults: Saturdays, June 15-July 20, 1:00-3:00; Children: Saturdays, June 15-July 13 or July 20-Aug. 17, 9:30-11; Children (ages 3-7) and Parents: June 15-July 13 or July 20-Aug. 17, 11:15-12:45 • Everyone will learn about the basics of pottery making using different handbuilding techniques. Each class is designed for the age group of its students and all will complete the class with works to bring home. Adult class: $155, Children class: $95, Parent/Child Class: $65 each. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Creating Figurative Sculpture with Rachel Jensen of Yourist Pottery Studio • July 14, 1-4 p.m. • This will be a hands on clayworking experience. You will explore how to capture human gesture and motion while creating figurative sculpture. Your piece will be completed through the kiln firing process. $50. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Greeting Card Making Workshop with Carol Morris • Ongoing beginning May 7 • Find the joy and fun in greeting card making parties. Make valentines or other seasonal cards for your friends and loved ones. Limited to small groups of five or less. Fee includes all materials including card stock and envelopes as well as access to tools and supplies from the over-stocked artist's studio. $20 per two hour session. For exact dates and times, call 761-5616; silkrhino@aol.com.

Photo by Linda Lawson

Susan Klimist is a meditation teacher at Deep Spring Center, and a Physician's Assistant at U of M Hospital.

Sharing this practice and these techniques is the best thing I do. Starting simply, breath by breath, we begin a journey of liberation from suffering, for ourselves, and all beings.

Dottie Coyne is a meditation teacher at Deep Spring Center, and a Kripalu Yoga instructor with Inward Bound.

I've been practicing meditation for over thirty years now and have so appreciated finding Barbara Brodsky at Deep Spring Meditation Center, and the wonderful practice of insight meditation, about ten years ago. Moment to moment awareness, the heart of Vipassana meditation, has proven to be a most practical assist in my being able to live more skillfully. This practice of mindfulness informs my every day.

Artist's Way

The Artist's Way with Jill Blixt • 12 Tuesdays beginning May 7, 9:00-Noon or 6:30-9:45 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes brunch or supper and art supplies. Call 665-4577, jillblixt@aol.com.

Vein of Gold with Jill Blixt • 12 Mondays beginning May 6, 6:30-9:45 p.m. • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's sequel entitled *The Vein of Gold*. Explore your authentic self and your heart's desires through writing, collage, treasure mapping and many other creative alchemy activities. Come mine your own vein of gold. This workshop is for those who wish to deepen their creative self-exploration. $30 includes supper and art supplies. Call 665-4577, jillblixt@aol.com.

Astrology

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) with Bon Rose Fine, Coordinator • May 19, June 23, July 28, Aug. 25; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics, and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. No charge. Call 434-4555; bonrosefine@aol.com.

Annual Meeting and Potluck Picnic of the ASGOWC with Bon Rose Fine, Coordinator • Aug. 11, 2-6 p.m. • ASGOWC likes to get together from time to time for food, fun and socializing. All are welcome. Bring a dish to pass. Free. Call 434-4555; bonrosefine@aol.com.

Understanding the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • June 1, 10-4 with an hour lunch break • The soul incarnates when planetary alignments symbolize the presence of opportunities to follow one's evolutionary journey through transmution of past karma, the perceptual experience of present karma, and the impregnation of future karma. This workshop looks at the natal chart from a karmic perspective to discern the evolutionary intent of the current incarnation. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

Continuing to Understand the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • June 2, 10-4 with an hour lunch break • This workshop will center around the analysis of charts, putting into practice the concepts learned in the previous workshop. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

"What's Going On with Me?": Astrological Cycles of Uranus, Neptune and Pluto with Richard Smoot, sponsored by the ASGOWC • July 14, 3-5 p.m. • The cycles of the outer planets, Uranus, Neptune and Pluto, provide us with rich opportunities for achievement in our personal, spiritual and psychological lives. The passages of these planets can also bring great turmoil in these same areas. Which will it be? Developing and understanding the energy and timing of these guides in the sky can prepare you for their transit and allow you to take advantage of the life changing events they herald. $10. Call 434-4555, bonrosefine@aol.com.

Getting to the Heart of our Solar "Story" with Raye Robertson • May 5, 3-5 p.m. • Feeling scattered? Sometimes in trying to analyze hundreds of astrological factors we forget the primary importance of Numero Uno - our Sun Sign and the core "story" it represents for us. Weaving in elements of Greene and Sasportas' work on the luminaries with my own years of sun-gazing, this session uses fun, accessible examples that address the solar hero's journey we're all on. $10. Call 313-366-0799; rayeroberston@aol.com.

Introduction to the Aspects with Bon Rose Fine • May 16, 23 and 30, June 6; 7:30-9:30 p.m. • This class will provide an overview and basic understanding of the geometrical relationships which exist between planets in a natal chart. We'll cover how to find them, and describe the five Ptolemic aspects (conjunction, sextile, square, trine and opposition) and the major configurations. Participants should have a basic understanding of the signs and planets. $40. Call 434-4555; bonrosefine@aol.com.

Bodywork & Body/Mind Therapies

Rolfing: A Gentle Approach with Leland Austin • June 10, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 327-1066 at least 24 hours before presentation.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays 8 p.m. or Saturdays 2:30 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849.

Reclaiming Our Body as Sacred at Windrise with Barbara Billey and Patricia St. Louis • May 17 at 6:30 p.m. to May 19 in the afternoon • We will open ourselves to the power of creative movement, Qigong, art, meditation, body release work and journaling. We release, claim and celebrate our body. $199. Call Estela Monjo at 810-678-3290; estela@windrise.com.

Take a Journey into CranioSacral Therapy with Sharon Watlington at Windrise • May 31 in the evening to June 2 in the afternoon • Learn this noninvasive manipulative technique which effects chronic pain, TMJ, colic and much more. $345. Call 586-575-9065; s/watlington@yahoo.com.

***Feldenkrais* Awareness Through Movement with Nancy Denenberg • Wednesdays, May 15-June 12; 5:30-6:45 p.m.** • *Feldenkrais* classes feature slow, gentle movement, rapid improvement and hands-on guidance. See www.feldenkrais.com for more information. First class free. $35 for five-week series. Call 665-3202; nancyd@corsa-inst.com.

The Crazy Wisdom Calendar

Bodywork & Body/Mind Therapies (continued)

The *Feldenkrais* Method (First in a Series of Three) Creating a Learning Environment with Nancy Denenberg through Ann Arbor Institute of Massage Therapy • May 25, 9-5 • The *Feldenkrais* Method approaches the individual as a learner, not as a client or a patient. Promoting active learning will make the effects of your sessions more meaningful, useful and long-lasting. We will experience and practice using language, touch and the physical environment to create opportunities for sensory motor-learning. Because humans have a rich evolutionary history of learning, we will include ancient phylogenetic movement patterns as well as developmental movements and daily functional motions. 7 CEU's. $150. Call 677-4430, fax 677-4520, aaimt@earthlink.com.

Why are you unhappy?
Because 99.9 per cent
Of everything you do
Is for yourself -
And there isn't one.
- Wei Wu Wei

Introduction to Bio-Energetic Healing with Ryan R. Wilson • May 28 or July 30; 7:30-9:30 (July 30 talk at Crazy Wisdom's Community Room) • Explore bio-energetic techniques that can assist you in accessing phenomenal healing on material, emotional, mental, spiritual, astral, etheric, noetic and psycho-noetic planes, inter-temporally and inter-dimensionally and in clearing inherited and contracted miasms. Ryan R. Wilson demonstrates how to clear energy blockages to relieve chronic pain, restore vigor and open to a fuller potential of being. $7 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Somatic Re-Integration for Lay-Healers with Ryan R. Wilson • July 27 or Aug. 24, 9:30 a.m.-2:30 p.m. • This class is devoted to helping you cultivate your latent powers of healing, present within us all, in order to assist others in their journeys of health and well-being. In our modern society, the familial healer and much of the passed-down medicine wisdom of our ancestors has disappeared as an integral part of the family structure. Through the method of Somatic Re-Integration, we invite you to re-learn simple yet powerful hands-on and intuitive techniques to gently guide your loved ones through transformational healing. $89 includes follow-up dates decided upon by participants. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Trager or Discover Trager with Eileen Dickinson • May 7 or June 10, 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager approach to bodywork and movement education. Learn self-care movements that promote effortless ease and softness in the body and mind. Free. Call 717-4145, edickins@umich.edu.

Free Feldenkrais Method *Awareness Through Movement* Workshop with Katherine Rogers • May 4, 9-Noon • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is too painful or difficult. The class is appropriate for all ages and physical conditions. Free. Call 971-5285; rogers@wccnet.org.

Feldenkrais *Awareness Through Movement* Class with Katherine Rogers • Six Mondays, Segment 1: May 6-June 24 or Segment 2: July 15-Aug. 19; 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is too painful or difficult. The class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.org.

Buddhist Teaching & Buddhist Meditation

(Also see "Meditation" Section)

Joseph Goldstein speaking on "Emerging Buddhism in the West" • May 9, 7-9 p.m. • Joseph Goldstein will make a rare speaking engagement in Ann Arbor. All contributions are tax deductible and will benefit the Forest Refuge. $15 suggested donation; $50 for reception following talk (reservations necessary for reception). Call Sandra Berman at 769-9948; saberman@umich.edu.

Newcomers Day at Karma Thegsum Choling • First Sunday of every month • A friendly, basic introduction to Buddhism and Buddhist meditation. Free. Call Analis Quintman or Melissa Bratcher at 761-7495; aaktc@yahoo.com.

Sitting Meditation at Karma Thegsum Choling • Wednesdays, 7:30-8:30 p.m. • Free. Call Analis Quintman or Melissa Bratcher at 761-7495; aaktc@yahoo.com.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520; a2buddha@aol.com.

Zen Meditation Retreat at Zen Buddhist Temple • May 4 and June 8, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $50 includes vegetarian meals. Call 761-6520; a2buddha@aol.com.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning May 23 and July 11; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students. Call 761-6520; a2buddha@aol.com.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 18-19 • Everyone is welcome to attend this most festive and important Buddhist holiday celebrating the birth of Sakyamuni Buddha 2,546 years ago. All events take place in the Temple and on the grounds especially decorated for the celebration. Call 761-6520; a2buddha@aol.com.

May 18 • Special Children's Service at 11 a.m.: This is a special service for children with their families and friends, focusing on the traditional bathing of the baby Buddha. Everyone can participate. Refreshments available afterward. **Blessing Service for Children at 12:30 p.m.** by appointment. **Second Annual Buddha's Birthday Poetry Event at 2:30 p.m. Festive Evening Celebration begins at 6 p.m.** Vegetarian hors d'oeuvres and dessert buffet extraordinaire will be served followed by juggler extraordinaire Jonathan Park, and then American Buddhist music.

May 19 • Religious Service: Silent meditation at 9 a.m., service begins at 9:30 a.m. as a time to renew our commitment to the Buddhist path. **Buddhist Movement for Peace and Justice presents World Peace: a talk from David Yamamoto at 1 p.m.** David and his parents were interred by the U.S. during WWII and he has an inspiring message about non-violence, forgiveness, love and peace. **Introduction to Zen Meditation at 3 p.m.**, an informative talk and demonstration held in the meditation hall. **Dedication of Lotus Lanterns and Chanting Service at 7:30 p.m.** All are invited to offer delicate lotus lanterns dedicated to family and friends and all those we care about who need encouragement and love, and for peace and happiness in the world.

Life of the Buddha at Zen Buddhist Temple • July 7, 14 and 21; 11:30 a.m.-2 p.m. • Presentations led by Bopmun Alex Alviar, second year Maitreya Buddhist Seminary student. $10 includes light vegetarian lunch. Call 761-6520; a2buddha@aol.com.

Annual Summer Lecture Series: The Wisdom, Compassion, Tears and Humor of Zen Buddhist Practice at Zen Buddhist Temple • Tuesdays at 7:30 p.m. • Once again we present this popular series of talks by members of our sangha on the realities of Buddhist practice in modern American life. July 9: Three women talk about how they developed an interest in Buddhism, made a commitment to Buddhist practice and how they express their Buddhist practice in their daily lives. This year's presenters are Ch'ajik Jackie Kurtz, Bopmi Jacki Dilley and Kyle Norris. July 16: The men are represented this year by Bophui Ben Darragh, Christoph Heinen and Matt Stockman. July 23: Buddhism and Family Life, presented by Kogi Jenny Ratliff, Lenny Bass and Valerie Mann. $5 suggested donation. Call 761-6520; a2buddha@aol.com.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 19-20, Friday at 7 p.m. through Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520; a2buddha@aol.com.

15th Annual Buddhist Peace Camp at Friend's Lake through Zen Buddhist Temple • July 26-31 • This camp is for families with children of all ages. We emphasize peace, cooperation, mindfulness and fun. A wonderful outdoor experience for parents and children alike, with camping and vegetarian food. For more information, call 761-6520, a2buddha@aol.com.

Guide to Bodhisattva's Way of Life with Rimpoche Nawang Gehlek of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • These teachings are based upon the text, Guide to the Bodhisattva's Way of Life, by the 8th century author, Shantideva. A bodhisattva is one who has committed her or his entire life to becoming enlightened in order to help all beings become free from suffering. All are welcome. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Nowhere to Hide: Opening to the Fearful, Rejected and Unacceptable Parts of Yourself Short Course with Aura Glaser of Jewel Heart • May 29 and June 5, 7:30-9 p.m. • The parts of ourselves that we normally turn from with disdain are the very things we need to turn towards with compassion. In the teachings of Buddhism, we are encouraged to cultivate a clear-seeing kindness that is capable of remaining steadfast with whatever arises in our hearts and minds. Only then can we begin to release the painful patterns in our lives. In these two evenings, we will focus on how to develop self-acceptance and open the way to genuine compassion for self and others. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Open Meditation Session with Jewel Heart Staff • Ongoing Sundays, 10-11 a.m. • These non-instructive open sessions are available for all those who wish to join with others in sitting meditation. All are welcome. Those desiring meditation instruction may enroll in the Introduction to Basic Meditation course. Donations accepted. Call 994-3387, office@jewelheart.org.

Open White Tara Practice with Jewel Heart Staff • Ongoing Sundays, 11:15 a.m.-12:15 p.m. • These non-instructive sessions are meant to provide a time and place for those wishing to practice guided White Tara Meditation as a group. All are welcome. Those desiring White Tara instruction may enroll in the White Tara Healing Meditation course. Donations accepted. Call 994-3387, office@jewelheart.org.

Odyssey to Freedom Audio Broadcast from New York with Rimpoche Nawang Gehlek of Jewel Heart • Thursdays, 7:30 p.m. • The Odyssey to Freedom was developed by Gehlek Rimpoche and is a point by point structure for meditation on the stages of the spiritual path. It is based on the experience of the Buddha and presented in a way that is fresh and relevant to contemporary American life. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Lam Rim Teachings with Sandy Finkel of Jewel Heart • May 19, June 30, July 21, Sept. 29; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its points, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All are welcome. Donations accepted. For dates, call 994-3387, office@jewelheart.org.

Introduction to Buddhism for Adults Course with Hartmut Sagolla of Jewel Heart • July 10, 17, 24, 31; 7:30-9 p.m. • We all seek different kinds of freedom: freedom from conflict, financial pressures, relationships and work that isn't fulfilling. For Buddhists, freedom is a state in which we are freed from negative habits and emotions. This course introduces the basic principles of Buddhism on the path to lasting freedom. $30 or $20 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Introduction to Buddhism for Young Adults (Ages 12-17) Course with Bruce Conforth of Jewel Heart • June 8, 15, 22, 29; 1-2:30 p.m. • This is a basic course designed to answer questions about Buddha's life as exemplary of the Four Noble Truths, and basic concepts surrounding the practice of Tibetan Buddhism. $20 or $15 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Tibetan Language for Buddhist Practice with Steve Kronenberg of Jewel Heart • June 8, 15, 22, 29; 3-4:40 p.m. • Designed to teach the Tibetan alphabet and basic reading skills so Buddhist mantras and prayers may be read in their original text. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Introduction to Basic Meditation Course with Staff of Jewel Heart • June 2, 9, 16, 23; 1-2:30 p.m. • Meditation is the basis of the spiritual path and the cornerstone for a focused daily life. This course will provide instruction in the basic elements of meditation - breathing, posture, stabilizing the mind, coping with distractions, as well as establishing a daily meditation practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

White Tara Healing Meditation Course with Kathleen Ivanoff of Jewel Heart • Wednesdays, June 12-July 3; 7:30-9 p.m. • Tara is the mother-goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental and emotional suffering. You don't have to be Buddhist to make use of this practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Friday Night Talks with Jewel Heart • Fridays, 7:30-9 p.m. • Join various presenters as they discuss a wide range of traditional and contemporary issues. Open to the public. $5. Call 994-3387, office@jewelheart.org or www.jewelheart.org.

Insight Meditation Workshops and Retreat through Deep Spring Center • See listings in Meditation section. For information, call Deep Spring Center at 971-3455, info@deepspring.org.

> Tomorrow is the most important thing in life. Comes to us at midnight very clean. It's perfect when it arrives and puts itself in our hands. It hopes we've learned something from yesterday.
>
> - John Wayne

Ceremonies, Celebrations & Rituals

Global Healing: Rituals for Healing our Hearts and the Earth with Bronwen Wildflower Gates • May 12 and 26, June 9 and 23; 7:30-9:30 p.m. • These New and Full Moon Rituals, for men and women, are times to gather to invoke and extend peace and love and harmony into our lives. We will practice specific heart-opening and heart-healing rituals, and offer our healing intent to the earth, and to those contexts, personal, national or international, where we perceive the need is greatest at the time. $10 donation recommended. Call 734-424-2744; bronwild@aol.com.

Peruvian Fire Ceremony with Mateyo Empie • May 15, June 19, July 17, Aug. 21; 7:30 p.m. • Join in spiritual community while helping yourself and the planetary consciousness in just three hours. The pure traditions of the Andes Mountains, hidden from the world for more than 400 years, are now accessible. Whatever your previous experience, you can immediately experience a profound level of healing in your life by opening to the love of Pachamama (Mother Earth) and the Deep Self we share with Her children, all life on Earth. We turn over an important issue in our lives to Pachamama, "letting go and letting God", by placing a suitably tuned object into a ceremonially prepared fire. In return, we receive energy that specifically manifests the best that Pachamama can cocreate with us. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; shamaniccenter.org or snakewillo@aol.com.

Liberation of Life Service and Sangha Picnic with Zen Buddhist Temple • June 22 • An annual ceremony which reminds us of the First Precept (not to harm, but to cherish all life) and of our kinship with all beings, followed by a sangha potluck picnic at nearby Friend's Lake in Chelsea. We will caravan from the Temple at 10 a.m. out to the Lake, and the ceremony begins at 11 a.m. Call 761-6520; a2buddha@aol.com.

Summer Solstice Ritual at Crazy Wisdom with Carol Karr and Friends • Thursday, June 27, 7:30 p.m. at Crazy Wisdom's Community Room • A mid-summer ritual and celebration. Free with pre-registration requested but not necessary. Call Carol Karr at 665-2757 or 717-0559, wintermoon@comcast.net.

Lamas Ritual at Crazy Wisdom with Carol Karr and Friends • Thursday, Aug. 1, 7:30 p.m. • A Lamas celebration and ritual. Free with pre-registration requested by not necessary. Call Carol Karr at 665-2757 or 717-0559, wintermoon@comcast.net.

Channeling

Open House Channeling Sessions with Aaron • May 22, June 5 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call Deep Spring Center at 971-3455.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • May 6, June 3, July 1, Aug. 5; 7 p.m. at Crazy Wisdom's Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $15 or donation. Call 996-8799.

A Channeled Evening with Jacob with Judy Crookes • June 19, July 16, Aug. 7; 7-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a nonphysical energy who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and do a guided meditation. $10. Call 913-4927, jacrookes@aol.com.

Channeling Level II with Shala Kilmer • Six Tuesdays beginning June 4, 6:30-9:30 p.m. • You will share your gift nightly with other experienced channels, becoming more confident and masterful. You can channel all the information you need for your own life and for other. Limited to 10. $245. Call 248-258-8287, www.intuititionpath.com.

Finding Your Soul Mate with Shala Kilmer • May 18 and Aug. 24, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. $120. Call 248-258-8287, www.intuitionpath.com.

Introduction to Meeting Your Spirit Guides with Jewel Shelden • Two-hour class during the week of July 21-26 • You will learn the basics for beginning to contact and communicate with your own spirit guides. Cost is included in retreat fee. For complete information, call Joelene Koenig at 616-428-9368; joelenekoenig@yahoo.com.

Childbirth

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Tuesdays, May 14-June 18 or July 2-Aug. 13; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • June 20-23, Thursday 6-10 p.m. and Friday-Sunday 9-5; or Six Thursdays, May 9-April 13, 6-10 p.m. • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Homeopathy for the Childbearing Year with Patty Brennan of The Holistic Midwifery Institute • July 13, 9-4 • Learn to use homeopathy effectively throughout the childbearing year. The session will begin with an explanation of the fundamental components of this healing system. We will discuss the Law of Similars, the Law of Potentization, casetaking strategies, and dosage recommendations. Patty will lecture on the most prominent remedies in midwifery practice and describe how the various symptom pictures can manifest during pregnancy, labor and birth, and postpartum for both mom and baby. Appropriate for beginning to advanced students. $100 includes book with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

The Crazy Wisdom Calendar

Childbirth (continued)

Holistic Postpartum Care and Breastfeeding Counseling with Patty Brennan of The Holistic Midwifery Institute • Aug. 11, 9-5 • Class focuses on holistic support measures for breastfeeding mothers and their babies. Emphasis will be placed on the use of herbs, homeopathic remedies, flower essences and more to speed the normal course of postpartum healing and to troubleshoot special concerns. Appropriate for doulas, midwives and any professional who works with new mothers and their babies. $100 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Chronic Illness & Chronic Pain

Workshop on Coping with Chronic Illness and Pain with Erica Sutton of Wellspring Counseling • 3 weeks offered bi-monthly, 1 1/2 hours each week • This 3-part workshop is open to anyone dealing with a chronic illness or pain such as arthritis, lupus, MS, back pain, fibromyalgia or chronic fatigue. Family members welcome. This workshop provides skills in managing chronic illness and pain. It is designed as an educational series with an opportunity to identify personal goals and establish a plan for the future. $33 per class with early payment discount offered. Call 677-3056, eldutton@wccnet.org.

Complementary Medicine

Which Tumors Respond Best to Treatment with Anthroposophical Medicine? with Quentin McMullen through U of M CAM Research Center • June 12, Noon • Free. Call 998-7715.

Research Your Passion in CAM: A Skills-based Course for CAM Practitioners with Rita Benn and Suzanna M. Zick • Course begins Sept. 6; applications due July 1 • A seven-week course designed to teach CAM practitioners how to take an idea for a research study and transform it into a formal grant proposal. CAM practitioners will gain skills about the basics of research including study design, critical evaluation of research literature, statistics, and writing research questions. $100 Part I; $75 Part II. Contact szick@umich.edu.

CSAM Summer Therapeutic Retreat with Community-Supported Anthroposophical Medicine (CSAM) • July 21-Aug. 4 • This is an intensive therapeutic retreat for ambulatory individuals who will benefit from anthroposophical medical treatment, including nursing, artistic and physical therapies. Typical illnesses include cancer recovery, chronic fatigue, fibromyalgia, arthritis, back pain, digestive problems, asthma, and chronic heart disease. Individuals may apply directly or be referred by their physician. $2,600-$3,600 depending on single, double or triple occupancy. Call Andree at 677-7990; csammed@earthlink.net.

Creativity

Dancing with the Muses: Igniting the Fires of Inspiration with Jill Blixt • Terpsichore: The Muse of Dance on May 4, 10-3:30; Thalia: The Muse of Comedy on June 9, 10-4; Melpomene: The Muse of Tragedy on July 14, 10-4 • The Muses - they have been written about and referred to for centuries, but who are they and how do we access their fires of inspiration and creativity? This workshop series will focus each month on a single one of these nine archetypes over the course of 2002. Come dance with these muses. Learn what they teach. Bring their gifts into your daily life. We will write, make masks and explore our relationship to each muse in turn. Come for one or the full series. $75 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Dreams & Dreamwork

Archetypes and Dreams with Nancy Ann Tappe through Gateways Center for Life Enrichment • May 17, 7-9 p.m. and May 18-19, 10-6 • Join Nancy in this lively and interactive workshop experience. Discover what is hidden in your dream images, and learn to interpret their powerful messages. $90. Call 677-8889.

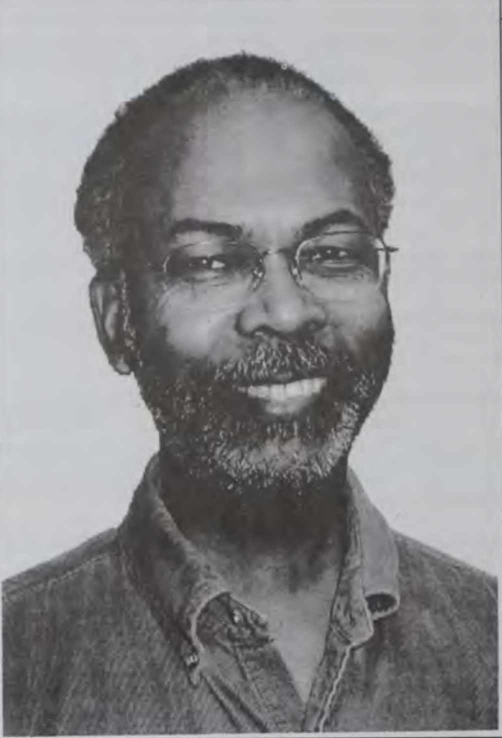
Dream Group with Rebecca Mullen • Mondays, 7 p.m. • There is a sharing of dreams and a recognition of their symbolic meaning, transforming the linear model of reality. Each dream has personal and general meanings, hence everyone can participate in the dreams of each participant. $5 per session. Call 662-5925.

Drumming

Drummunity Circles: Community Drum Circles led by Lori Fithian • June 18, July 24; 7 p.m. at Crazy Wisdom's Community Room • Community drum circles for everyone. No experience or drum needed. Send email to be added to the list to find out when the next circle is. For cost, call 734-426-7818, lfith@yahoo.com.

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each night. Call 734-426-7818, lfith@yahoo.com.

Like Water Youth Drum Camp with Ryan Edwards • June 17-21; 3rd-6th grades, 8:30-11:30 a.m.; 6th-8th grades, Noon-3 p.m. • Learn drumming in a fun, educational and community setting. Basic technique, rhythms and above all, lots of fun will be covered. $90 per student. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.



Michael Bratcher is a massage and polarity therapist, and an energy healer.

My great delight in bodywork comes from the creativity of synthesizing all the approaches to bodywork that I have studied over the past eight years. A session brings to focus my life-long pursuit of spiritual development, and fulfills my need to serve the larger evolving mystery that may be called God.

Like Water Djembe and Dunun Class with Ryan Edwards • Ongoing Thursdays, 7-8:30 p.m. • Ego-free, inspirational and informational. We really try to learn these rhythms, often often spending weeks on once specific groove. Geography, history, folklore and cultural references also provided. $10 per class. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.

Ubaka Hill Drumsong Workshop with Ubaka Hill • May 4, 10 a.m.-5 p.m. • Don't miss this opportunity to be with one of the most vibrant percussionist/performance artists of our times. Ubaka will call your drumsongs forth, drawing from traditions as well as your core being. You'll come away with knowledge, better drum technique, re-energized and inspired. $50-$85 sliding scale. Call Judy Piazza at 248-656-1071; jpiazza@igc.org.

Frame Drum Circles/Rhythm and Song Circles with Judy Piazza • New series beginning late Spring/Summer • Explore the fascinating world of drums, rhythm and song! The frame drum series will focus on tar (North African drum) and riq (Egyptian tambourine). In the Rhythm and Song circle, we focus on style and techniques on djembe, drawing from world traditions as well as our own spontaneous playing. $75-$120 sliding scale for six sessions. For dates and times, call 248-656-1071.

African Rhythm Workshop with Paul Militello of Rhythm Family Percussion • Ongoing Mondays, DunDun Class at 6:30, Djembe and African Hand Drumming at 7:30 • DunDun class focuses on DunDunba, Sanghan and Kenkeni foundations of the djembe orchestra, the rhythms of the Mother Earth. The Djembe and African Hand Drumming is incorporated, forming a supportive circle and musical environment, learning and journeying together on the drum. Drums are available. Students may take classes individually or together. $10 per class with drop-ins welcome. Call 669-5582.

Introduction to Conga Drumming with Paul Militello of Rhythm Family Percussion • Ongoing Sundays at 7 p.m. • Afro-Cuban, Haitian and World Beat influence. Learning and journeying together on the drum. Drums available. No experience necessary. $10 per class with drop-ins welcome. Call 669-5582.

Beginners Hand Drum Workshop with Paul Militello of Rhythm Family Percussion • Ongoing Tuesdays, 7:30-9 p.m. • Students will explore a variety of drumming traditions, learning basic technique, spots in time, hand positions and a simple method of translating rhythm. "If you can say it, you can play it." $10 per class with drop-ins welcome. Call 669-5582.

Esoteric Anatomy & Energy Healing

Drop-In Energy Somatics and Therapeutic Bodywork with Valerie Snowdon at Crazy Wisdom's Tea Room • Fridays, Noon-3 p.m. • "There is, coming into the world today, a new wisdom. It is our own wisdom of our bodies and our spirits. Working thru intuition I have tapped into a new wisdom and found a way of easing pain and initiating deep healing which I call Subtle Energy Somatics." A simple technique requiring no special equipment nor any effort on the part of the client. An effective session often takes only a few minutes. $1 per minute. Call 665-2757.

Listen To Your Body: You Can Heal Your Life with Bronwen Wildflower Gates • May 29, June 5 and 12; 7-9:30 p.m. • Learn to tune into your body and "read" its messages through body scanning and imaging. Discover both the wisdom and the willingness of your body to be your ally and your friend. Explore the non-verbal language of your body, and meet your inner healer. Learn to engage your inner healer and your self healing ability to create change in your life. $75. Call 734-424-2744, bronwild@aol.com.

Healing Essentials with Ray O. Golden of Center for Intuitive Health • Five Wednesdays beginning May 1, 7-9:30 p.m. • This workshop provides powerful and subtle healing and processing techniques to complement energy healing techniques. It is beneficial for working with others and for doing your own personal work. These are techniques that I use on both myself and with clients to complement the Reiki energy work. It can also be very useful for both your own personal healing and work with others. New material has been added for this class, drawing on the works of Dennis Adams, Gabriel Cousens, Olga Misserva and Brenda Morgan. Class will include opportunities to practice and experience the techniques. Topics include clearing and removing energies and psychic objects, self care, integrating and processing techniques, structure of sessions, preparation and setting the energy of the room, table-side manner, pendulum and dowsing, muscle testing, and the zero point process. $150 or $75 if you are repeating. Call 663-9724; intuitivehealth@aol.com.

Chakras, Kundalini Awakening and After with Ema Stefanova • Saturday, 3-6 p.m.; date to be announced • This workshop will cover kundalini physiology, methods of awakening, preparing for awakening, diet, risks, evolution through the chakras and kundalini yoga practice. Beginners as well as experienced practitioners welcome. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Aura Cleansing Demonstration/Lecture with Jewel Shelden and Sandy Kaye • May 3, May 31, June 13; 7:30 p.m. • Cleansing the aura of negative influences can be especially beneficial for anyone who is trying to lose weight, quit smoking or drinking, overcome depression or quit dependent relationships. $5. Call Jewel at 998-0604 or Sandy at 996-1236; jesheldon@hotmail.com.

Gem Therapy/Color Therapy with Linda L. Brake at Ageless Wisdom • June 15, 10-11:30 a.m. • Learn how this ancient healing is used today in India, which is different than practiced in America. An in-depth explanation of the chakras and their colors, as taught in India, will be given, as well as their impact upon endocrine system, causing disease. There will be a demonstration on how negative thoughts influence the chakras. Following the class will be individual one-hour appointments dowsing with a radiothesiology machine checking each chakra for excess or deficiency. Seven different planes will be dowsed to find the seat of disease or disruption. You will receive your own homeopathic gem tincture, custom formulated to your body's energy and color. You will be given two affirmations and a mantra particular to you. $10 class and $40 one-hour appointment. Call Rose M. Beres at 734-207-5310.

Esoteric Healing Level II with Laurie Akerros • June 22-25, 9-6 daily • All life is energy vibration at different frequencies. Esoteric healing is taught worldwide and helps the student learn skills to work with the energetic body, the physical/etheric, the emotional body, the mental body, the soul (or causal) body, and spirit. $295. Call 995-2719.

Exercise & Fitness

Kegels Plus: A Monthly Pelvic Floor Exercise Class with Nancy Denenberg • June 2, 1-3 p.m. • Kegels are especially helpful during the child-bearing year and for issues and surgeries related to incontinence, sacro-iliac (S-I) pain and lower back pain. We will discuss the anatomy and physiology of the pelvic floor, how best to exercise and relax these muscles in isolation and combined with other exercises, and home practice strategies. $25. Call 761-1514; nancyd@corsa-inst.com.

Pilates Demonstration with Khita Whyatt • Presentations: May 10, June 7, 28, Aug. 2, 7:30-8:30 p.m. • The Pilates Method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique on the floor as well as the apparatuses. $5 for presentation. Ongoing mat classes are $15 each and ongoing Reformer classes are $25 each. Discounts offered with a class card. For complete information, call 913-9046; coregracepilates.com.

Rhythmic Aerobics with Sandy Pierani and Musicians Kofi Ameyaw and Matthew Bell • Tuesdays at 7:30 p.m. • Basic West African dance movement incorporated into an aerobic format. The class is designed to challenge your cardiovascular system while helping to shape your body, mind and spirit. $10 per session or $8 for students. Call 484-3407, spierani@hotmail.com.

Walk and Run Club for Women with St. Joseph Mercy Hospital Staff • Six Tuesdays: June 11, 18, 25, July 9, 16, 23; Six Saturdays: June 15, 22, 29, July 13, 20, 27 • Get in shape for a walk-a-thon or general good health by joining our new walking and running group. Professional medical personnel will attend once a week classes and provide mini-learning sessions to help you get the most from your workout. $35 for six-week session. For times, call Sandie Schulze at 712-5400 or 800-231-2211.

Fantasy Art

A Mythical journey to a world of magic and enchantment with Fantasy Watercolorist Jessica Galbreth at Crazy Wisdom Meeting Room • June 29, 11 a.m. - 5 p.m. • Fantasy art featuring faeries, goddesses, medieval legends, dragons, unicorns, mermaids, Celtic myth and more! Browse her gallery showing; meet the artist, purchase prints, originals, and other enchanting gifts. For more information, call Carol Karr at 665-2757.

Fathers & Fathering

Boot Camp for New Dads through St. Joseph Mercy Hospital • Roderic Collins teaches May 4, 9-Noon or Michael Fuller teaches June 13, 6-9 p.m.; July 13, 9-Noon; July 20, 9-Noon; Aug. 24, 9-Noon • This class is designed for first time fathers of all ages! You will get hands on experience in holding and comforting a baby. Taught by men. $25. Call Sandie Schulze at 712-5400 or 800-231-2211.

Feng Shui

Feng Shui and Architectural Styles with Wendy Warrick • May 6, 7-9 p.m. • This class will cover the variables related to new construction and existing structures. We'll talk about the impact of various architectural elements and styles, site selection, and the impact of the natural elements. Using 5 Element Theory we'll assess the site, structure and surrounding buildings to determine the probability for health, happiness and prosperity. $30. Call 913-9619.

Enriching Personal Chi and Body Image through the Feng Shui of Clothing with Wendy Warrick • June 12, 7-9 p.m. • What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life, thus helping you to feel better? Using the 5 elements theory and my intuitive abilities with color and style we'll come up with a personal style for each participant. $30. Call 913-9619.

Feng Shui for Health and Healing with Wendy Warrick • Aug. 14, 7-8:15 p.m. • Discover how Feng Shui can be used as a complementary avenue to understanding and enhancing your health and well being. Visualizations, Feng Shui cures and other tools will be shared. $20. Call 913-9619.

Feng Shui Basics with Lynn Meadows • May 22 or Aug. 6, 7-9 p.m.; or Aug. 3, 10-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive 3 Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • May 29, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions and purposes. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui in the Garden with Lynn Meadows • May 30, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • Aug. 4, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Flower Essences

The Use of Flower Essences in Women's Health through the U of M CAM Research Center with Ian White • May 8, Noon • The use of flower essences for various health conditions. Free. Call 998-7715.

Fundraisers and Silent Auctions

CSAM Fundraising Gala: Dream to Reality with Community-Supported Anthroposophical Medicine (CSAM) • May 17, 7-11 p.m. • Dinner and silent auction at the Michigan Union to benefit the Rudolf Steiner Health Center. Black tie optional. Visit us on the web a www.csamwebsite.org. $100 or $75 for Patient Organization Members. For tickets, call Linda Britt at 994-3745. For information, call Moira at 677-7990; csammed@earthlink.net.

The Crazy Wisdom Calendar

Fundraisers and Silent Auctions (continued)

The "Love Makes a Family" Concert with LaRon Williams, the Chenille Sisters, Jeanne Mackey & Friends • July 21, 2 p.m. at EMU's Pease Auditorium in Ypsilanti • An uplifting, engaging concert for the whole family featuring gifted African American storyteller LaRon Williams, Emmy-award-winning Chenille Sisters, and whimsical singer/guitarist Jeanne Mackey and friends. Proceeds will benefit the Ypsilanti Campaign for Equality, a group helping to defend Ypsilanti's inclusive non-discrimination ordinance, which faces electoral challenge in November. Come show support for all families! $15 for individuals, $30 for families, $7 for children ages 3-12, free for children 2 and under. Call 483-6420; jmackey50@yahoo.com.

Annual Great Green Yard Sale at Zen Buddhist Temple • Aug. 31-Sept. 2 • This popular recycling sale offers furniture, household items, books, etc. which are ideal for students furnishing rooms or apartments for the new school year. The furniture includes couches, chairs, desks, mattresses, chests of drawers, tables, desks and more. Many of the items were donated by local property management companies and have been fixed and cleaned by Temple members and friends for re-sale and re-use. No early arrivals, please. Saturday 9-5, Sunday Noon-5, Monday 9-5. Call 761-6520; a2buddha@aol.com.

Graphology

Graphology: Handwriting Analysis with Jewel Shelden • July 21-26 at Great Lakes Retreat • This ten-hour class (two hours daily) will clearly introduce the basics of handwriting analysis, as well as covering many of the subtle details. Cost included in retreat fee. For complete information, call Joelene Koenig at 616-428-9368; joelenekoenig@yahoo.com.

Healing

Claiming the Healer Within: A Return to Your Indigenous Self Apprenticeship Program Information Meeting with Bronwen Wildflower Gates • May 9, 7 p.m. • Come to this information meeting about this individualized apprenticeship program, for anyone who longs to reclaim the healer within. Do you want to become more skilled at reading the sacred text that is your body and life? Do you want to develop a partnership relationship with Nature and learn how to use her gifts of plants for nourishment and healing? Apprenticeship goes beyond learning: the shared goal will be for you to learn how to be your wise, skilled indigenous self, fully embodied in your power. Free. For packet of information, call 734-424-2744, bronwild@aol.com.

Spiritual Healing and Meditation with Dan Kinzinger • Sundays, May 5-Aug. 25 at Noon in Crazy Wisdom's Community Room • Dan Kinzinger offers a silent healing meditation for those present and for individuals at a distance. Following the group meditation, Dan leads individual spiritual healing for those who request it. Donation. Call 734-367-9124.

24-Hour World Healing Peace Circle with Craig Harvey • June 14 at 6 p.m. through June 15 at 6 p.m. • Stop by for 30 minutes or more anytime in this 24-hour period to join in silent prayer or mindful meditation focused on world peace, forgiveness, cooperation, and joy. The idea is to keep the loving intention of the vigil going continuously for 24 hours as individuals come and go. Free. Call 971-8576; harveyearth@yahoo.com or perpetualhealing.net.

Herbs, Plants & the Garden

Herbal Wisdom Series: Your Free Lunch: Wildcrafting with Linda Diane Feldt sponsored by People's Food Coop • May 7, 7:30 p.m. at Crazy Wisdom's Community Room • Learn how to enjoy the most abundant buffet - served up free of charge by Mother Earth. Discover wild edibles and how to responsibly and safely collect them from their native environment. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Animals and Herbs with Linda Diane Feldt sponsored by People's Food Coop • June 4, 7:30 p.m. at Crazy Wisdom's Community Room • Animals give us unconditional love and companionship - they deserve the best care! Learn how to maintain animal health and address some common health problems with herbs. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Terminal Illness and Life Threatening Disease with Linda Diane Feldt sponsored by People's Food Coop • July 2, 7:30 p.m. at Crazy Wisdom's Community Room • Come discover how herbs can ease suffering and promote healing. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Integrating Herbs with Conventional Medicine with Linda Diane Feldt sponsored by People's Food Coop • Aug. 6, 7:30 p.m. at Crazy Wisdom's Community Room • Curious about herbs interacting with pharmaceuticals? Learn how to use the healing powers of herbs in your conventional medicine regimen. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

The Mystery and Magic of Plant Biology with Bronwen Wildflower Gates • May 18, 9 a.m.-12:30 p.m. • Learn botany as you've never experienced it before - from the inside out. You will enter the mysteries of plants, explore them deeply and directly, and learn their secrets first-hand. This is an introduction to a longer botany course that is for anyone who wants to deepen their understanding of plants. $45. Call 734-424-2744, bronwild@aol.com.

Michigan's Medicinal Plants... Spring with Jim McDonald • May 19, 11-6 at Upland Hills Ecological Awareness Center • Join herbalist Jim McDonald as he shares the traditional medicinal uses of the many common "weeds" we pass by everyday. Information covered will be both practical and specific, based on Jim's eight years of collecting, preparing and using herbal remedies, and provide a solid foundation for the appropriate use of herbs. As always, new plants will be covered and old information updated to make this class rewarding to first time and returning participants alike. In addition to information on this plants discussed, ethical harvesting techniques, herbal preparations, toxicity, resources and recommendations for further study are covered in the plethora of handouts that come with the event. $30 or $25 in advance. Call 248-737-3589; multiflorum@hotmail.com.

Evening Herb Study Group of U of M Matthaei Botanical Gardens • First Monday of each month, 7-9 p.m. • Each month a different herb-related topic is presented by an authority on herbs. Topics and presenters range from culinary, gardening, cultivating and medicinal. Herb related topics range from growing, herbs, culinary uses, medicinal uses and many others. Membership at the gardens is required. $45/year garden membership and $10/year for herb study group membership. Call J. Schellhaas at 449-2334, H. Leland at 734-459-8454 or Botanical Gardens at 998-7060.

Holistic Health

Aging Gracefully with Michele Loewe • June 11, 7 p.m. at Crazy Wisdom's Community Room • Learn several of the theories and causes of aging, and discover natural solutions to maintaining your health in your golden years. Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Guidelines for a Healthy Heart with Michele Loewe • Aug. 20, 7 p.m. at Crazy Wisdom's Community Room • These days, it's easy to stress your heart with a modern lifestyle and convenience foods. Learn how to nourish and protect your heart with herbs, homeopathics and good nutrition! Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Options for Healthier Living Seminar with Cindy Klement • May 18, June 9, July 14, July 20, Aug. 25; 8 a.m.-4 p.m. • With over 2,500 clients and attendees to my lectures and classes now also numbering well into the thousands, I bring my experiences with teaching and healing to a new full-day seminar for creating optimal health. Information to be presented will have a strong focus on herbs, food choices and valuable yet practical techniques for choosing which options for better health will suit your lifestyle and needs. Also included will be information on iridology, muscle testing, aromatherapy and other supplementation. A detailed flyer will be mailed upon request. Personal assessment materials, which are also provided, must be completed prior to class. $225 includes all booklets, materials and supplies. Bring a bag lunch. Call 975-2444.

Learn How to Muscle Test with Darren Schmidt • May 28, June 25, July 23 or Aug. 27; 7-8:30 p.m. • Have you ever wondered if a food or supplement is good for you? Do you want to learn how your body reacts to your emotions or environment? Find out through muscle testing. It's simple and fun; anyone can learn it! The information you gain from muscle testing is invaluable. $35 for one session. Call 302-7575, drschmidt@wholisticdoc.com.

Hypnosis

Clinical Hypnosis Institute with Cheryl A. Beshada and Frank Garfield • Module 1, The Fundamentals of Hypnosis begins May 11, 9-5 • This 46-hour course if the first in a series of three modules that leads to board certification as a Hypnotherapist. The Fundamentals of Hypnosis includes instruction for stopping smoking, weight loss, self hypnosis and much more. Clinical Hypnosis Institute is the only state licensed school in Michigan that includes supervision with actual clients at our well established hypnosis clinic. $695. Call toll free 866-939-7676; www.hypnosisworkshop.com, frankgarfield@msn.com or cbeshada@hotmail.com.

Introduction to Self-Hypnosis, Level I with Rose Beres through Gateways Center for Life Enrichment • May 8 and 15, 7-9 p.m. • In this class, we will learn and practice basic techniques for deep relaxation and attaining the self-hypnotic state. $45 for two classes. Call Rose at 734-207-5310 or Gateways at 677-8889.

Introduction to Self-Hypnosis, Level II with Rose Beres through Gateways Center for Life Enrichment • June 12 and 19, 7-9 p.m. • This class expands on the techniques learned in Level I, to learn a template for using these techniques effectively for various self-enrichment purposes such as smoking cessation, weight loss and stress management. $45 for two classes. Call Rose at 734-207-5310 or Gateways at 677-8889.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Photo by David LAwson

Linda Lawson is a psychotherapist who has been working with children and their families for over 15 years. She is also a free-lance photographer, and responsible for most of the photos which have appeared in *The Crazy Wisdom Calendar* over the last five years.

"To help a child work through an issue that is causing him or her pain, and become a stronger, more resilient person is very rewarding for me. When I see a child shift from carrying a heavy emotional burden to becoming a carefree and playful kid, my inner child cheers. To top it off, in what other job can you spend an hour finger-painting and building castles with Lego's?"

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. and second and fourth Thursdays of the month, 8-10 p.m. • $1 per minute. No appointment necessary. Call 327-9568, evnsd7@aol.com.

Accessing Inner Guidance with Bronwen Wildflower Gates • May 10, 17, 24; 10:30 a.m.-12:30 p.m. at Crazy Wisdom's Community Room • Guidance is the abundant help available to you from your internal resources as well as from the external world that reflects back to you your internal landscape. You will learn about oracles, how to dowse and use kinesiology; you will practice developing effective questions so you can get meaningful answers, and you will learn to distinguish blind trust from inner knowing, and explore how your beliefs impact the answers you receive. $55 per series. Call 734-424-2744, bronwild@aol.com.

Psychic Protection and Energy Hygiene with Bronwen Wildflower Gates • May 31, June 7, 14; 10:30 a.m.-12:30 p.m. • We live in a world of energy and this unseen energy that you generate and encounter has profound impact on your experience of life. You will learn what psychic protection is and is not, and how to protect yourself by seeing self as source. You will learn practices and visualizations for energy cleansing of yourself and your space, and you will learn about energy hygiene, and how to be proactive in maintaining the self as sacred space. $55 per series. Call 734-424-2744, bronwild@aol.com.

Developing Your High Sense Perception with Lucinda Kurtz • June 5, 7-9:30 p.m. at Crazy Wisdom's Meeting Room • Learn to expand your usual sensory perceptions beyond the normal five senses of sight, touch, taste, hearing and smell. Develop heightened means to access information. Identify which of your sense is the most acute. $30. Call 665-9160; lindakurtz@aol.com.

Essence Point Psychic Reading Practice with Anita McKay • May 9, June 13, July 11, Aug. 8; 7:30-9 p.m. • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Practice is specifically designed for those who have taken a class from John Friedlander, studied with a teacher who teaches his system or intend to take a class and have read *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher. Donations accepted for Essence Point. Call 741-0478, mckays@concentric.net.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • July 13 and 14, 10-5 • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $139 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • May 4 and 5 or Aug. 17 and 18, 10-5 • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layer and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • May 18 and 19, 10-5 • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $169 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Time and date TBA • Learn to safely become a conscious channel using a technical system as your foundation. For cost, call 663-9724, intuitivehealth@aol.com.

Kids & Young Adults

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 10:30 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Harmony of Energy for Youth Ages 7-10 with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • 4 Mondays, April 22-May 13; 4:30-5:30 p.m. • Chi Do (Harmony of Energy) for Youth is designed by Wasentha Young and includes the relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind/body/spirit. $50 with early registration discount available. Call 741-0695; www.peacefuldragonschool.com.

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Toby Jacobowitz and Rochelle Kostant through St. Joseph Mercy Hospital • June 15, 1-5 p.m. • For complete description, see listing under Mothers & Daughters.

The Labyrinth

Veriditas Invites You to the Theater of Enlightenment with Dr. Lauren Artress through Weber Center • Sept. 13, 7:30 through Sept. 15, 1 p.m. (We have included this special listing in this issue so that interested prospective attendees can make plans to attend. Our next issue comes out in late August.) • Through the Theater of Enlightenment, Dr. Lauren Artress offers a broader format for a profound labyrinth experience. Presentations will be directed toward inner exploration and discovery that open up our imaginations and provide access to the Spirit. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Labyrinth Facilitator Training with Dr. Lauren Artress through Weber Center • Sept. 16, 9 a.m. through Sept. 17, 5 p.m. (We have included this special listing in this issue so that interested prospective attendees can make plans to attend. Our next issue comes out in late August.) • This two-day intensive workshop will prepare you to introduce the labyrinth to others in a clear and effective way. The workshop is intended for those who have an ongoing relationship with the labyrinth, experience in leading small groups and a vision of how they would like to use the labyrinth in their life's work. An application is required. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Love & Relationships

The Reality of Fantasies with Liora Rosen • May 22, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • This seminar will explore the reality of fantasies and the pressure fantasies bring to a relationship. The fantasy of the perfect wedding, marriage, relationship, vacation, home, sexual encounter or partner and why it is unattainable. We will explore how those fantasies get nurtured and their implications. Discussion flexible. Space limited. $10. Call 670-2131 and specify name of seminar.

Empowering Intimate Relationships with Karen Gottschalk and Kevin Meisel • June 8, 1-4 p.m. • What makes an intimate relationship empowering? Learn about co-empowered relationships and identify strategies that can lead to a more empowered and healthier relationship. Discussion will also include improving communication, dealing with conflict and increasing trust. Both individuals and couples welcome. $50. Call 734-332-9184.

Rediscover the Joy of a Committed Relationship: A Workshop for Couples with Carole Kirby • May 3-5; Friday 7-10:30 p.m., Saturday 8:30-8 p.m., Sunday 8:30-7 p.m. • Discover what's beneath the longstanding conflicts and how to use your relationship for mutual healing and fulfillment. This intensive, psycho-educational workshop is based on Dr. Harville Hendrix' theory of Imago relationship therapy. The workshop includes lectures, written exercises, experiential exercises, and playfulness to help couples replace their ineffectual behaviors with behaviors that can set them on a path to real love, safety, trust and connection. $550 with early payment discount offered. Call 586-776-6622, www.therapy4couples.com.

Loving Your Partner without Losing Your Self: Free Relationship Workshop with Carole Kirby • June 2, 2-4:30 p.m. at Crazy Wisdom's Community Room • Everyone welcome to this workshop! Learn why it is so hard to hand onto yourself and stay in loving connection with your partner. Discover the importance of maintaining a sense of self in your relationship. Learn that healthy boundaries are essential for intimacy between partners. Learn to recognize the symptoms of poor boundaries and discover ways to make changes. This workshop can be helpful for a new relationship and get an old one back on track. If you are single, it can be helpful in understanding your past relationships and help you prepare for a new relationship. Participation is by choice and questions and dialogue are encouraged. All kinds of couples and singles welcome. Free. Call 586-776-6622, www.therapy4couples.com.

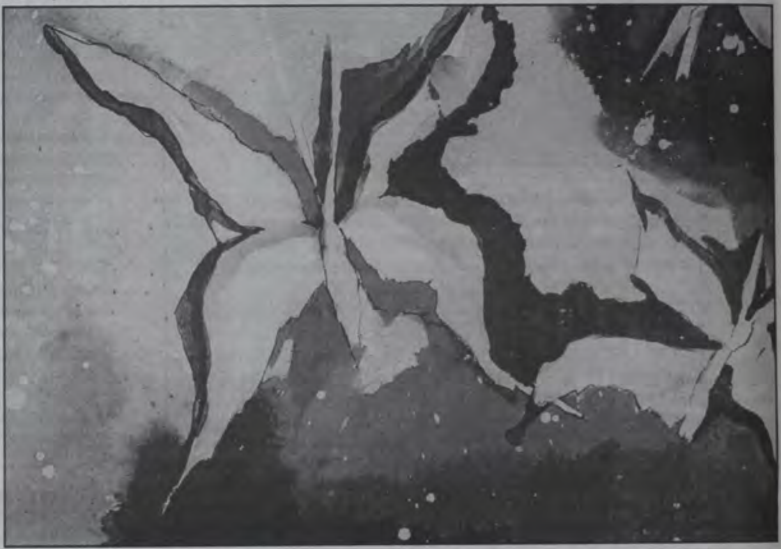
The Crazy Wisdom Calendar

The Spiritual Art of Carol Lynn Abramson

My art work is about awakening to consciousness through beauty and grace.
I paint visions and experiences from meditations. Much of the time I move out of the way and let my soul express itself onto the canvas.
Often a healing energy is imparted into my art work. Perhaps I have been working on a particular issue, I will process this through the pastels, water color or acrylic onto the canvas.
I have found this to be a powerful way to awaken into consciousness.
I hope as my art work moves out into the world that it will touch a part of each person who experiences it and help them to find the passion of their soul.
As each individual invites his/her soul home each can express their truer selves, and true freedom can become a reality in our lives. This is my dream-that with this freedom we truly will have heaven on earth.

There will be exhibitions of Abramson's artwork in the Crazy Wisdom Community Room on May 24-25 and August 30-31.

Photo by Ruth Schekter



Love & Relationships
(continued)

Emotional Intimacy and Sexuality with Gil Ureno through St. Joseph Mercy Hospital • July 24, 7-8:30 p.m. • Despite advances in understanding human sexuality and desire, sex education focuses on body parts at the expense of other significant factors. Learn how to maneuver around the most common pitfalls that couples encounter in negotiating the balance between physical and emotional intimacy. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

The Best Kept Secret in Having a Good Marriage: Fighting Fair with Gil Ureno through St. Joseph Mercy Hospital • June 26, 7-8:30 p.m. • Fighting is good for a marriage! Join us and learn how to fight or argue effectively. Be in control of arguments rather than arguments being in control of your marriage. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Power Balances and Imbalances with Gil Ureno through St. Joseph Mercy Hospital • July 10, 7-8:30 p.m. • Decisions about money and housework are part of the power struggle that is in every marriage. Learn about the roles of reciprocity, compromise and resentment in getting what you want in marriage. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Men and Women: Understanding Each Other with Gil Ureno through St. Joseph Mercy Hospital • June 12 • It's true! Men and women often look at things very differently. This can make for some communication challenges that are sometimes amusing and sometimes frustrating. Join us to explore these gender differences and how they can impact a marriage. $15. For times, call Sandie Schulze at 712-5400 or 800-231-2211.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Pregnancy Massage with Frances Salvato at the Ann Arbor Institute of Massage Therapy • June 8-9 and June 22-23, 8:30-5 • This workshop will cover application of massage and the benefits and contraindications for each trimester of pregnancy, including labor and postpartum; the physiological change occurring in the different systems of the body and the effect massage has on these different systems including postpartum massage and other self care exercises. This workshop is open to recent graduates and seasoned professionals alike who wish to broaden their scope of practice. 28 CEU's. $450. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Pathology with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • May 11, 8:30-5 • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Massage therapists are ethically responsible for recognizing clients' deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage therapist form a knowledge base upon which they can build as they begin to practice. 7 CEU's. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Sports Massage II with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • May 18 and 19, 9-5 each day • Sports Massage II uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. 14 CEU's. $250. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Ann Arbor Institute of Massage Therapy Career Presentation • June 2 and Aug. 17; begins promptly at 10 a.m. and ends at Noon • Find out what it takes to become a massage therapist! We'll begin with an information presentation followed by a question and answer period. Refreshments, door prizes and a free seated massage! Free. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy I with Jane Anderson at the Ann Arbor Institute of Massage Therapy • June 14, 15 and 16; 8:30-5 each day • Myofascial Therapy I is an effective form of Deep Tissue Massage, offers a cooperative approach for improving structural alignment with specific emphasis on Palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy II with Jane Anderson at the Ann Arbor Institute of Massage Therapy • July 26, 27 and 28; 8:30-5 each day • Myofascial Therapy II is a continuation of Myofascial Therapy I. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy III with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Aug. 9, 10 and 11; 8:30-5 each day • Myofascial Therapy III is a continuation of Myofascial Therapy I and II. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • June 28, 29 and 30; 8:30-5 each day • This class consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principle and philosophy of myofascial dysfunction. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 19, 20 and 21; 8:30-5 each day • Continuation of Neuromuscular Therapy I. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Aug. 2, 3 and 4; 8:30-5 each day • Continuation of Neuromuscular Therapy I and II. See above description. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Clinical Documentation with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • July 13, 8:30-5 • Participants will learn to properly document therapeutic massage sessions. Documentation will help massage therapist develop a treatment plan for clients. This is important whether the therapist works for someone else or has their own business. Includes some internship and outreach orientation for AAIMT students. 7 CEU's. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Meditation

Wednesday Evening Meditation for the General Public with Brenda Morgan • May 29 and Aug. 21, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening is set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is always exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Love offering/donation. Call Susan at 665-0536.

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion is you prefer. People from any spiritual practice welcome. Donations accept. Call Anita McKay at 741-0478, essencepoint@hotmail.com.

One Day Meditation Seminar with John Friedlander • Aug. 3, 9:30-5:30 p.m. • In this seminar, advanced meditators can learn to sustain their attention on chakra keys for an extended time. This liberates abilities such as clairvoyance, telepathy and healing locked in those chakras. Those abilities can be used to cultivate skill and compassion in life and relationships. $100. Call Anita at 741-0478, mckays@concentric.net.

Meditation and Psychic Development I with Penny Weaver • Thursdays, June 12-July 24; 6:30-8 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Psychic development and other tools to enhance meditation and its benefits will be taught in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Meditation and Psychic Development II with Penny Weaver • Wednesdays, April 17-May 22; 6:30-8 p.m. • More techniques to enhance meditation including self-hypnosis, the Medicine Wheel and Qabalah in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Advanced Meditation with Penny Weaver • May 11, June 8 or July 13; 10-11:30 p.m. • Learn advanced meditation techniques to improve your psychic abilities. For cost, call 248-374-1070, pennyweaverj@aol.com.

Introduction to Insight (Vipassana) Meditation with Dottie Coyne of Deep Spring Center • Six Tuesdays starting April 23 • Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness - which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. This practice derives from Buddhist teachings but no special religious beliefs are necessary. We perform no religious rituals. The meditation practices are suitable for those of any religion. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present NOW. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. $50 payable to Ann Arbor Recreation Dept. Call 971-3455, info@deepspring.org. You may also call Dottie at 930-0192.

Introduction to Insight (Vipassana) Meditation with Dave Lawson of Deep Spring Center • Six Thursdays starting mid-June • See above description. Dates have not yet been finalized. $50 payable to Ann Arbor Recreation Dept. Call 971-3455, info@deepspring.org. You may also call Dave at 662-8317.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • June 14 in the evening through June 16 in the afternoon, or week long, June 14-June 22 • See above description of Insight Meditation. The foundations on the weekend are Insight Meditation and the various supports for our spiritual practices, such as lovingkindness meditation. The meditations derive from Buddhist Theravadin tradition but no special religious beliefs are necessary to their practice. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions, evening talks and optional discussion periods with the teachers. Mindfulness throughout the 24 hour day will be a focus. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindness and non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives, and to all beings. $395 for the week or $205 for the weekend. Each day beyond the weekend is $45. Early payment discount offered. Limited scholarships available. For a complete flyer, call 971-3455, info@deepspring.org.

One Day Non-Residential Meditation Retreat with Cassie Camman, Carol Blotter and Dottie Coyne of Deep Spring Center • Sept. 21, 9:30-5 • Offered as a fund raiser for Michigan Friends Center. See above description of Insight Meditation. $30. Call 971-3455, Carole at 734-475-0942 or Cassie at 662-6704; info@deepspring.org.

Meditation with Ema Stefanova • Ongoing Sundays, 3:15-4:45 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Students may start at any time. For cost, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Menopause

Learning about Menopause: Hormone Replacement and Complementary Therapies with Laura Martin through St. Joseph Mercy Hospital • July 15, 7-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You'll learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Learning About Menopause: Lifestyle Strategies through St. Joseph Mercy Hospital • July 22, 7-8:30 p.m. • Learn practical nutrition and exercise strategies to help you maintain vitality and health before, during and after menopause. Presented by a nutritionist and an exercise physiologist. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Learning About Menopause: What You Should Know with Judy Fedchenko and an MD through St. Joseph Mercy Hospital • July 29, 7-8:30 p.m. • Did you know that hot flashes, mood swings and other symptoms can occur as much as eight years before actual menopause? Designed for women ages 35 to 50, this presentation gives a comprehensive overview of the physical and emotional changes associated with menopause, and how you can best prepare for and manage them. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Men's Work

A Men's Weekend Intensive: The Heart of a Man with Antonio Francesco and Bob Schramm through Weber Center • July 12, 7:30 p.m.-July 14, 1 p.m. • What does it mean to be not only courageous but also vulnerable in these post September 11 times? During this experiential workshop, we will have opportunities to rediscover the source of our individual and collective strength, reawaken our creativity, reclaim our deepest desires, and remember our personal story. Join us for a journey inward toward a fuller integration of heart, soul, body and mind. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org or www.op.org/adrian/weber.

Men's Issues Therapy Group with Cam Vozar • Mondays starting May 6, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. $35 per session with some insurances accepted. Call 747-9073, cvozar@aol.com.

Midwifery

Neonatal Resuscitation Certification with Laurie Hodder-Davis through the Holistic Midwifery Institute • Aug. 8, 9 a.m.-3 p.m. • All students must obtain the 2000 Edition of *The Neonatal Resuscitation Textbook*. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice, and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. $90. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

> Every child is an artist. The problem is how to remain an artist once she grows up.
>
> - Pablo Picasso

Mothers & Daughters

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up through St. Joseph Mercy Hospital • Toby Jacobowitz and Rochelle Kostant teach June 15, Lorri VanderRoest and Rochelle Kostant teach July 28, Rochelle Kostant and Penny Baumeier teach Aug. 17; 1-5 p.m. • Provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and one daughter, with an additional $10 for another daughter or other female family member. Call Sandie Schulze at 712-5200 or 800-231-2211.

Movement & Dance

West African Dance Class with Mary Jeng and Papa Hanne • Ongoing Saturdays, 4-5:30 p.m. at Arts in Motion Dance Studio • Explore traditional West African rhythms. Experience the movements of an age old culture. Classes are accompanied by live traditionally played drumming. $10 drop-in with beginners welcome. Call Dori at 475-1836.

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • From the beginning of time, movement, song and story have brought people together. The Dances of Universal Peace are simple, direct and accessible. Dancers join hands to dance in a circle while singing sacred phrases from the world's spiritual traditions. Each dance is easily learned; within a few minutes, people are moving and singing in peace and joy. No previous experience necessary. All welcome. $5 donation requested but not required. Call 996-1332, smidd@comcast.net.

Peter Sparling Dance Company Open Rehearsal at Dance Gallery Studio • May 4, 1:30-3 p.m. • See Peter Sparling Dance Company for FREE. Works-in-progress and preparation for upcoming shows. Free with donations accepted. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Taste of Flamenco with Tessa Goldberg at Dance Gallery Studio • May 19; 1-2:30 p.m. for non-dancers, 2:30-4 p.m. for dancers • Spanish dance comes to Ann Arbor. Show off your flare with Intro to Flamenco dancing. Wear soft-soled shoes with a heel. Women wear a full skirt if possible. $15. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Belly Dancing Basics with Danielle at Dance Gallery Studio • June 9, 1-2:30 p.m. • Intro to Middle Eastern dance focusing on history, culture and technique. $15. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly Wednesdays, 6:30-9 p.m. • We are a self-facilitated peer group meeting to explore Authentic Movement in community. We offer open orientation sessions periodically; call for upcoming dates. Authentic Movement is a practice of self-directed movement with a witness in which the body is a source of knowing and transformation. It offers pathways to embodiment, creative expression, personal process and spiritual resource. Nominal rental fee. Call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900, redrobinah@aol.com or pfnorlin@earthlink.net.

Music & Sound

Women's Circle of Sound with Kathleen Moore • Bi-monthly Thursdays, 1-2 p.m. • For those women who want to use music and singing as part of their process of personal healing. We will seek to build community within the circle, through music and discussion. No experience necessary. All experience welcome. $25 per class with early payment discount offered. Call Kathy Moore or Leigh Dale at 668-8146; moorevoice@earthlink.net.

Like Water Balafon Class with Ryan Edwards • Six Thursdays, 5:30-7 p.m. • In this class, we will gently explore traditional West African balafon (wooden xylophone) melodies and grooves. Enchanting and entrancing, we cover the cultural significance, geographic location, songs and their meanings. Balafons provided. $75. For dates, call 475-3158; www.likewaterdrumworks@hotmail.com.

Native American

Sweat Lodge with Janet R. Nagy • Last Saturday of every month • This ceremony cleanses the body, mind, and spirit and renews the life force. $20 donation for ground fees. No charge for ceremony. Call Mulberry Farm at 734-783-3830; mulberryfarms@comcast.net.

Personal Medicine Shield Workshop with Wind Daughter at Windrise • May 3-5 • From cutting of the hoop to the final touches of your decorative expression, your Medicine Shield will be empowered with your energy. $195. Call Pam Czuj at 734-878-4893.

Vision Quest with Debbie Mast • July 17-21 • Leaving behind our everyday responsibilities, we journey to 240 acres of private land in Michigan to connect with nature and listen to spirit. It is a time to seek personal vision, take part in rites of passage ceremonies appropriate to your age or do ceremonies from the Sweet Medicine Sun Dance tradition. $250 for land use, materials and professional teachings. There is no charge for ceremonies. Call 248-541-5267; ftreelodge@aol.com.

Natural Building

Natural Building at the Thatched Roof Studio with Deanne Bednar • Spring through Fall 2002 • Tour this enchanting Studio, with strawbale and earthen plastered walls, real thatched roof, sculptural interior, solar electricity and more. Join in with the building process and learn skills. Individuals and groups welcome. No experience necessary. On beautiful rural/wooded land in Northern Oakland County, 90 minutes from Ann Arbor. $10 per day or as arranged. Scholarships and apprenticeships available. Call 248-363-1756; ecoartdb@aol.com.

Nature & Wilderness Awareness

Finding Our Way in the Wild - Self Reliance and Sacred Actions with Bob Bodi • May 5, 10 a.m.-4 p.m. at Upland Hills Ecological Awareness Center • Join us in the woods as Bob Bodi shares skills gleaned from Native American traditions, his studies with Tom Brown and his own personal wisdom. He will discuss bow and drill fire building, the construction of low impact shelters, wild edibles and learning how to walk and live gently on this land. Be sure to bring simple snacks to munch on, a pair of good hiking boots and dress appropriately for the weather. $10 per person or $25 per family. Call Gretchen Michaels at 248-628-7463; uheac@msn.com.

Nature's Healing Connections with Peggy Garrigues-Cortelyou through Weber Center • June 15, 9:30-5 • When we are outdoors, our sense are greatly stimulated in many different ways at once. In this workshop, you will learn to pay attention to what attracts you in nature, affirm the joy of fully-awake sense and express gratitude for your connections with nature. $70. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Nutrition & Food Medicine

Finding a Break in the Clouds: A Unique System for Breaking Free from an Eating Disorder with Kyrai Antares • May 1, 6:30-8:30 p.m. at Crazy Wisdom's Community Room • Giving a taste of the Finding a Break in the Clouds system, Kryai outlines the four-phase progression of eating disorders, provides interactive exercises, exposes the real villain behind eating disorders and shares her insights based on her vast personal experience, as well as the experiences of those she has helped. Free. Call 248-373-4888; findingabreakintheclouds.com.

Color Me Healthy with Liora Rosen • May 29, 7:30-9:30 at Crazy Wisdom's Community Room • This seminar will explore how vibrant food enhance our appetite, health and overall well-being. We will discuss vitamin content, color association and the impact it has on our growth and nourishment. This seminar tickles the taste buds and stimulates the imagination. Sample recipes will be given. Limited space. Pre-registration required. $20 to cover room cost and materials given. Call 670-2131.

Outer Space

Space Day 2001 Celebration: The Apollo Program with David West Reynolds at Exhibit Museum of Natural History • May 2, 6-9 p.m. • David West Reynolds speaks about Apollo space program and will sign copies of his new book, *Apollo: The Epic Journey to the Moon*. See and learn about model rockets. View lunar samples and the Museum's meteorite collection. Free. Call Amy Harris at 763-4191; aharris@umich.edu.

Parenting

A Mother's Sacred Journey: Parenting as Spiritual Practice with Jill Blixt • May 4, May 18; 9:30-12:30 • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be a guardian of another Soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $30 includes brunch and materials. Call 665-4577.

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in session open to all parents of little ones. We share resources, ideas and support for attachment-style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. Some dads come also. Free. Call 424-0220; srush86@aol.com.

Workshop for Parents of Children with ADHD with Linda Lawson • May 20, 7-8 p.m. at Crazy Wisdom's Community Room • Fun things parents can do over the summer to enhance school success and improve behaviour at home. For cost, call 734-213-3568.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • June 15, 1-4 p.m. • Free yourself from the past...change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change...what's in store for you? $99. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Past Life Regression with Shala Kilmer • Three Thursdays beginning Aug. 9, 7-9 p.m. • You will experience past lives in vivid detail. Ask to be shown past lives that interest you: related to current loved ones, interests, career... You will be amazed at what you see. Easy and a lot of fun. $120. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Personal Growth

Book Signing with Jan Goldstein, Author of *Life Can Be This Good: Awakening to the Miracles All Around Us* at Crazy Wisdom Bookstore • May 10, 7-9:30 p.m. • Jan Goldstein offers 40 life-affirming stories of miracle moments of people who have opened themselves to all that is possible. In the book, Goldstein describes his four-step practice for moving from everyday-ness to a celebratory life: listen, open, step into, and receive. Free. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Living From the Inside Out: Deepening Your Intuitive Knowing with Jill Blixt • Eight Thursdays beginning May 2, 6:30-9:45 p.m. • We long to have a life of ease - one where we can be in the flow. The path to such a life is having access to our deepest knowing. Come learn how to tap into and integrate your intuitive knowing into your daily life. Through writing, creative play and sharing, we will open the flow of our deepest wisdom and learn how to live elegantly and effortlessly from the inside out. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Making Peace With the Things in Your Life: *Why Your Papers, Books, Clothes and Other Possessions Keep Overwhelming You - And What You Can Do About It.* Book Signing and Reading with Cindy Glovinsky at Crazy Wisdom Bookstore • July 13, 2:00 p.m. • Instead of offering the same suggestions for reordering your space, therapist Cindy Glovinsky asks readers the tough questions that will help them to identify and remedy their organization issues. Why we feel depressed if we lose certain things. Why we hold on to things that no longer give us pleasure. Patterns that help us identify how we arrange things and what percentage of our things have designated "homes". How we overload on magazine, newspaper and journal subscriptions and the meaning behind it...and much more! For more information call Carol Karr at 665-2757 .

Self Mastery through Integration of Mind, Body and Spirit with Penny Weaver • Thursdays, July 31-Sept. 4; 6:30-8 p.m. • The next generation of psychology, it's an adventure in self-discovery and transformation. It combines ancient practices with new age/metaphysical techniques Penny uses in her practice. For cost, call 248-374-1070, pennyweaverj@aol.com.

Women Who Love or Give Too Much with Sandy Prochazka through St. Joseph Mercy Hospital • July 17, 7:30-9 p.m. • Are you a woman who gives too much, then feels exhausted and used by family, friends, spouse and others? Some recovery techniques for long term change will be included. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Creating the Life You Really Want with Kristin Blackburn • Wednesdays, May 8-July 31; 7-8:30 p.m. • A 12-week supportive therapy group for women utilizing the 9 principles from Sonia Choquette's *Your Heart's Desire* in order to identify your personal and professional dreams, eliminate barriers, and create the life you really want. Group format will include weekly homework from the *Your Heart's Desire* workbook, additional information provided by the therapist and group discussion. Space limited to six. $30 per week plus $18 workbook. Call 994-1531.

Making Peace with the Things in Your Life with Cindy Glovinsky of Fresh Start Organizing • May 18, 8:30-4:30 • A workshop to help people understand and begin to resolve issues relating to clutter, disorganization, hoarding and compulsive buying. Participants are guided through a systematic and entertaining re-examination of your "relationship" with material things. The workshop helps you do the inside work needed to get organized on the outside. $110 includes a copy of Cindy's book, *Making Peace with the Things in Your Life*. Call 480-7666; cindyglovin@cs.com.

Creating Your Future with Michael Whitty • May 3, 8 p.m. • Building your life legally by finding your calling or true vocation. Developing enough emotional intelligence to become a spiritual elder. Learn acceptance, courage and self creation. By donation. Call 248-594-7596; mikewhitty@hotmail.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: May 7, Noon-1:30 p.m.; Part 2: May 14, Noon-1:30 p.m. • If you or a loved one is anticipating or experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Emotional Freedom Therapy with Bronwen Wildflower Gates • June 2, 9, 16; 5-7 p.m. • This deceptively simple yet incredibly powerful, non-intrusive technique that you can do anywhere teaches you how to break out of debilitating emotional fear patterns within a short time frame - often less than half an hour. This series will teach you the technique, provide you with an opportunity to practice and become confident in its use, and show you how to combine this technique with affirmations to uncover blocks and limiting beliefs. Together, you will be amazed at what shifts you can accomplish in your life. $55. Call 734-424-2744, bronwild@aol.com.

Self-Help Workshops with Andrew S. Taylor • May-August; 6 weeks, 8 weeks or 12 weeks; 7-9 p.m. • Have you ever gone through a bookstore's Self-Help section, picked out a well known book and thought, "This sounds great, but I wouldn't do this by myself. I wish I had a guide and support group for company on the journey."? Well, I am here to make that wish come true! I take Self-Help books and create workshops that utilize the books' messages, themes, etc. Examples are *The Artist's Way* by Julia Cameron, *Everyday Enlightenment* by Dan Millman, *Aha! 10 Ways to Free Your Creative Spirit and Find Your Great Ideas* by Jordan Ayan, *The Way of Harmony* by Jim Dreaver and *The Four Fold Way* by Angeles Arrien. For complete information, call 669-4262.

Hannah's Gift with Maria Housden through Renaissance Unity (formerly Church of Today) • May 29, 7:30 p.m. • *Hannah's Gift* is Maria Housden's new book. Donations accepted. Call 586-758-3050.

Stand Up For Your Life with Cheryl Richardson through Renaissance Unity (formerly Church of Today) • June 5 • Cheryl Richardson is the author of *Life Makeovers: A Practical and Inspiring Way to Improve Your Life One Week At a Time*; *the Self-Help Cards* and *Take Time For Your Life*. $10. Call Charlette Manning at 586-758-3050.

A Return to Love Seminar with Marianne Williamson through Renaissance Unity (formerly Church of Today) • May 31, 7-10 p.m. and June 1, 10 a.m.-4 p.m. • Marianne Williamson is the author of *Healing the Soul of America*; *Enchanted Love*; *Illuminata*; *A Woman's Worth*; *A Return to Love*; and dozens of self-help and spiritually-focused audios. $100 includes Saturday lunch. Call Charlette Manning at 586-758-3050.

9 Steps, You Can Make It Happen: A Nine Step Plan for Success with Stedman Graham through Renaissance Unity (formerly Church of Today) • May 1, 7:30 p.m. • Stedman Graham is a motivational speaker and soul-mate of Oprah Winfrey. $25. Call Charlette Manning at 586-758-3050.

Professional Enrichment

Business Skills for the Self-Employed with Patty Brennan of The Holistic Midwifery Institute • Aug. 10, 9-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, recordkeeping, taxes, marketing, limiting liability, professionalism, ethical concerns and more. This class is appropriate for anyone setting up a service-oriented business. $100 with discount offered. Call 663-1523, patty@holisticwidwifery.org or www.holisticmidwifery.org.

Reiki

Reiki I with Penny Weaver • May 11, June 8 or July 13; Noon-3 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki II with Penny Weaver • May 18, 12:30-4:30 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070, pennyweaverj@aol.com.

Illustration by Nicole Macdonald

The Crazy Wisdom Calendar

Reiki (continued)

First Degree Reiki Class with Suzy Wienckowski • May 17-19 or July 12-14; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and other and four individual initiations. Certificate awarded. $150. Call 665-8665, suzyreiki@aol.com.

Reiki Healing Circle with Robert Hughes • May 8, June 12, July 10, Aug. 14; 7-9:30 p.m. at Crazy Wisdom's Community Room • An open invitation to the public to experience Reiki and other healing modalities in a safe and sacred space. All welcome to attend. The circle's intention is to bring healing and greater community to the Ann Arbor area. Donations welcome. Call 961-9866; robertkhughes@yahoo.com.

First and Second Level Reiki Workshops with Robert Hughes • July 20-21 • Through the attunement process, this weekend class empowers the individual to channel Reiki - the universal life force - for the benefit of self and others. Certificate granted. $160-$300 sliding scale. Call 961-9866; robertkhughes@yahoo.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • June 9, 10-7; July 7, 10-7; or Aug. 3, 9-6 • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is a process in which the energy of the universe flows through the person performing it to heal the individual. Reiki is non-invasive and is effective for treating emotional, mental, causal, and spiritual levels through treatments that are deeply relaxing and energizing. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724, intuitivehealth@aol.com.

> I like trees because they seem more resigned to the
> way they have to live than other things do.
> - Willa Cather

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • May 24-25 or Aug. 9-10; Friday 6-10, Saturday 10-4 • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $225 with discount offered. Call 663-9724, intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 2, June 6, July 11, Aug. 1; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724, intuitivehealth@aol.com.

Relaxation & Stress Management

Stress Management with Hypnosis with Debbie Taylor • May 4, Noon-2 p.m. • Informative facts regarding stress, causes and how to manage it. The second half of the class is devoted to "hands on" techniques to help you alleviate your stress. The class will be able to use these highly effective techniques on their own. $20. Call 734-697-0888 days or 734-697-7148 evenings: www.debbietylr8@netscape.net.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: May 21, 12-1:30 p.m.; Part 2: May 28, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Stress Management in Multiple Dimensions with Karlta Zarley at Windrise • Aug. 8, 7 p.m.-Aug. 10, 5 p.m. • We all have a significant amount of stress. Sometimes we are invigorated by it and sometimes it threatens to overwhelm us. This class will explore different coping mechanisms and leave you with an individualized stress management plan. $165. Call 734-433-9333; staff@windrise.com

Shamanism

Introduction to Red Lodge: A Yearlong Program of Shamanic Teachings and Ceremonies with Debbie Mast • May 15, 7-10 p.m. at Crazy Wisdom's Community Room • Join us for an hour-long introduction to Red Lodge, a shamanic training program in the Deer Tribe Sweet Medicine SunDance tradition. This tradition is a time-honored integration of teachings and ceremonies designed to help you discover beauty, power, magick and purpose. The Red Lodge informational session will be followed by a two-hour optional ceremony in which we make prayer feather to send personal prayers to spirit. Sponsored by the Flowering Tree Lodge. For cost, call 248-541-5267; ftreelodge@aol.com.

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • June 14, 7-10 p.m.; June 15, 10 a.m.-10 p.m.; June 16, 10 a.m.-6 p.m. • Access the power to change your life. Personal growth through amplified awareness, the essential skill of shamanism, serves as the class theme. Learn at your own pace, on your own level, by directly sensing subtle energies and entering heightened states of consciousness. Metaphysical veterans and beginners alike can greatly accelerate their growth through this lucid experiential approach. Ground, hold space and resonate with Mother Earth's gentle strength. Experience the power and beauty of the fire ceremony. Discover and delight in other Peruvian teachings: channel healing energy, work with your luminous healing body, and practice psychic protection. Explore group mind, the three layers of the Self, styles of sacred space, sound healing and more. Shamanic Empowerment is the prerequisite to an optional year-long course. $325 includes lodging with early payment discount offered. Call 663-5505; shamaniccenter.org or snakewill@aol.com.

Shamanism and the Spirits of Nature: Working with Plants and Herbs with Kate Durda and Stephanie Tighe • June 23, 12:30-5:30 p.m. • Join us as we go deeper, learning about working with the spirits of nature for healing and knowledge. By learning from plants and animals, from rocks and mountains, from winds and rivers, from sun, moon and stars, shamans helped people live in harmony with the universe. In a world now out of balance, the way of the shaman can teach how again to respect nature, our planet and its inhabitants at a deep spiritual level. We will participate in journeys, which teach us how to connect and work with the spirits of plants. We will learn how to use plants to enrich our lives and participate in herbal crafting. We will end with a Despacho (honoring) ceremony, giving thanks and deepening connection with a nature spirit. Pre-requisite: the ability to participate in shamanic journeying in the tradition of the Foundation for Shamanic Studies. Tea provided and light snacks. Bring something of natural origin for the honoring ceremony (seeds, leaves, candies, etc.). $25. Call 517-543-6754; spiritweaver@voyager.net.

Singing & Songwriting

Group Voice Lesson with Kathleen Moore • Bi-monthly Saturdays, 11:15-12:15 • Learn how to use your voice for both singing and everyday life, in a small group setting. No experience necessary. All experience welcome. $25 with early payment discount offered. Call 668-8146; moorevoice@earthlink.com.

Spiritual Artwork

The Spiritual Art of Carol Lynn Abramson, Theme: Angels • May 24, 7-10 p.m. and May 25, 10 a.m.-10 p.m. On display at Crazy Wisdom • Come and browse or purchase. Please call if you are interested in scheduling an aura, angel or spirit guide drawing or have questions. Free art show. Call 480-9182; spiritartbycla@aol.com.

The Spiritual Art of Carol Lynn Abramson, Theme: The Magic of Hope and Joy • Aug. 30, 7-10 p.m. and Aug. 31, 10 a.m.-10 p.m. On display at Crazy Wisdom • Come and browse or purchase. Please call if you are interested in scheduling an aura, angel or spirit guide drawing or have questions. Free art show. Call 480-9182; spiritartbycla@aol.com.

Spiritual Development

Flower of Life Workshop with Jane Reading and Chris Meier • June 14-16; Friday 5-9, Saturday 10:30-7, Sunday 11:30-6:30 at Crazy Wisdom's Community Room • The Flower of Life is a compilation of teachings, ancient and modern, that encourages and supports each person in finding their own unique connection with source. This meditation workshop transmits the technique for understanding and achieving the state of consciousness known as Merkaba or Light Body. The Merkaba is a crystalline energy field that surrounds and contains your physical body. This is the ascension vehicle. $222. Call 928-282-0945; cmeier235@earthlink.net.

A Gathering In Spirit Weekend Mini Sampler with Brenda Morgan and Friends • June 1, 11 a.m.-9 p.m. • A day of fun and learning with local and national metaphysical healers, helpers and artisans from all walks of life. Mini-talks, privates sessions, crafts and spiritual comedy theatre: "The Trial and Tribulation of the Ego." $5 entry fee. Call Susan at 665-0536.

Our Lives Are One: The Union of Flora, Fauna and Humanity with Brenda Morgan • June 21, 7-9 p.m. • Brenda's spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, will be the basis for this evening's seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

A Gathering In Spirit with Brenda Morgan • June 22, 9 a.m.-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

The Wonder of It All! A 3-Day Spiritual Retreat with Brenda Morgan • July 19-21 • This year's annual retreat will focus upon learning to contact and express the wondrous feeling tones of existence through our unique blueprints. Many gifted people from here and around the country will be sharing avenues for opening to one's unique expression and the joy of doing so. Brenda will share insight and wisdom arising from her spiritual transformation through daily meditations and talks. Vegetarian meals, workshops, talks, individual sessions, spa treatments, swimming and other outdoor activities will be available. Held in Lake Worth, Florida. Brochure available. Call Susan at 665-0536.

The Sacred Journey, The Mystical Self with Dr. Jerry Berbaum • Tuesday, May 14, 7-9 p.m. • Learn how to find and open your mystical self. When you think less and feel more, you are able to explore the Universe within you. Free. Call 449-4238; medicineoak@yahoo.com.

Shalem Wilderness Retreat at Windrise with Estela Monjo and Dan Dwyer • June 22-27 • This retreat is designed for people seeking an opportunity to connect more deeply with nature and with God. Come for solitude, prayer and community. $250. Call 810-678-3290; staff@windrise.com.

Merkaba Support Group with Lorna Brown • May 11, Noon-4:30 • Join other Flower of Life graduates in a time of support, renewal and sharing with this ongoing group. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Pathwork Lecture Study Series with Lisa Wolf and Susan Cogar of Great Lakes Pathwork • Beginning May 5 • A series of ten classes to explore some of the core concepts expressed in the 258 Pathwork lectures, and provide a forum for discussion and personal understanding. Call 623-4805 for schedule.

Pathwork Transformation Program Sampler with Susan Cogar of Great Lakes Pathwork • May 16, 10 a.m.-5 p.m. • Spend a day exploring the Pathwork Transformation Program process and how it can help in attaining wholeness. You can courageously face, accept and transform your own inner negativity and contribute to the transformation of the world around us. Call 623-4805.

Introduction to Pathwork Weekend with Michael Roblee of Great Lakes Pathwork • June 21 at 7 p.m.-June 23 at 1 p.m. • Join us for a transformational weekend to explore the basic conceptual framework of the Pathwork, step into your own healing process and meet others studying and practicing the Pathwork. Program fee covers workshop, meals and lodging. For complete information, call 623-4805.

Mystical Humanity with Bronwen Wildflower Gates • June 15, 10:30-2 • This workshop introduces you to the foundations of your essence as a mystical being, human, divine, and magical. It forms an introduction to a longer course. $45. Call 734-424-2744; bronwild@aol.com.

Gathering Sacred Stones with Jean Booms ihm, Sally Gabany and Peggy Schmidt of Visitation • June 16-22 • This retreat is hosted in a beautiful natural setting on the shore of Lake Erie in Kingsville, Ontario. It offers a time to gather the stones that speak our life experiences. $350. Call 734-242-5520; visitation@ihmsisters.org.

Directed Retreats with Judith Bonini ihm and Mary Bea Keeley ihm of Visitation • June 22-27 • This retreat is hosted in a beautiful natural setting on the shore of Lake Erie in Kingsville, Ontario. It will be a silent, individually directed retreat with opportunity for common evening prayer. $275. Call 734-242-5520; visitation@ihmsisters.org.

The Study of Islam with Imam Hassen Qazwini through Renaissance Unity (formerly Church of Today) • May 8, 15, 22; 7:30 p.m. • Donations accepted. Call 586-758-3050.

"Emergence" with Barbara Marx Hubbard through Renaissance Unity (formerly Church of Today) • June 23, 2-5 p.m.; June 24, 7-10 p.m. • Barbara Marx Hubbard is the author of *Emergence - A Shift From Ego to Essence*; *Conscious Evolution*; *Evolutionary Journey*; *Hunger of Eve: One Woman's Odyssey Toward the Future*; and *Revelation: A Passage of Hope for the New Millennium*. $35 for Monday. Call Charlette Manning at 586-758-3050.

Philosophy, Cosmology, Consciousness with Brian Swimme through Renaissance Unity (formerly Church of Today) • July 21, 2-5 p.m.; July 22, 7-10 p.m. • Swimme is the author of *Hidden Heart of the Cosmos: Humanity and the New Story*; *The Universe is a Green Dragon: The Cosmology, Spirituality and Art of Shaping Fire*; *Universe Story: From the Primordial Era - Unfolding the Cosmos*. $35 for Monday. Call Charlette Manning at 586-758-3050.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Name. Free. Call 996-1332, jmidd@comcast.net.

Tai Chi & Martial Arts

The Art of Tai Chi with Chris Campbell through Weber Center • June 7, 7:30 p.m.-June 9, 1 p.m. • The flowing movements of Tai Chi are designed to promote relaxed muscle control, which improves balance and blood circulation within the body. In Tai Chi, the practitioner steps from the physical benefits of the form into the spiritual, where inner healing can occur. You are invited to take time to move, breathe and just be. $130. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

Tai Chi for Arthritis with Sifu Dan Jones through CAM Research Center • May 22, Noon • Free. Call 998-7715.

Comprehensive Tai Chi Chuan and Chi Kung (Qigong) Program with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 1-June 22, Monday through Saturday, morning and evenings • Ongoing classes and certification in Tai Chi Chuan including Form, Push Hands, Sword, Application; and Chi Kung (Qigong) including Wild Goose, meditation, self-acupressure, and 5 Element Theory (Phases). $140-$170. Call 741-0695, www.peacefuldragonschool.com.

Harmony of Energy for Women with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, April 24-May 15; 10-11 p.m. • Chi Do (Harmony of Energy) is designed by Wascntha Young for women and includes relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind, body, spirit. $50 with discount offered. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

> Those who wish to sing always find a song.
>
> - Swedish proverb

Harmony of Energy for Youth Ages 7-10 with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Mondays, April 22-May 13; 4:30-5:30 p.m. • Chi Do (Harmony of Energy) is designed by Wasentha Young for youth and includes relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind, body, spirit. $50 with discount offered. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Shotokan Karate-Do with Morris Lawrence • Monday, Wednesday, Friday, Saturday; 7:30-9 p.m. • Shotokan Karate is the original system of "Karate". The use of blocks, punches, and kicks are arranged into a potent self-defense system. Students are taught to control body, mind and spirit with the basic physical practice. $37 for three months. Call Ann Arbor YMCA at 663-0536.

Women's Self-Defense Clinics with Ryan R. Wilson • June 24 or July 29, 6:30-9:30 p.m. • Women have an innate gift for applying the soft and relaxed principles of internal Kung Fu and, with the knowledge of basic self-preservation techniques, can easily avoid, evade, check and disable even the strongest of attackers. Self-empowering training focuses on cultivating serenity in the face of adversity, centering of internal energy and overall awareness of self and environment. Interactive demonstrations will include dynamic striking and qi-breath techniques, location of vital targets and the use of practical weapons. Highly recommended for women ages 14 and older. $19. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Kung Fu Evenings with Ryan R. Wilson • May 14, June 4, June 25 or July 16; 7:30-9:30 p.m. • This ancient Chinese art is a phenomenal tool for self-awareness and self-development. Learn about Kang Nei Chin Gung Fu (The Chinese Martial Art of Unyielding Internal Strength) which teaches classical forms, street-smart self-defense, intuitive assessment and principles of the Warrior/Healer/Monk. This are is entirely devoted to the cultivation and proper use of internal energy. June 25th talk held at Crazy Wisdom's Community Room. Opportunities for ongoing classes. $5 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Qi Gung Evenings with Ryan R. Wilson • May 21, June 11 or July 2; 7:30-9:30 p.m. • Learn about ancient Chinese techniques of internal energy development for relaxation, healing and self-awareness. The focus of these interactive lectures is on bioenergetic (chi) awareness for clearing energy blockages, revitalizing the body's primary systems and realizing one's True Path and Potential. Opportunities for ongoing classes. May 21st talk held at Crazy Wisdom's Community Room. $5 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Dim Mak Martial Qi Gung Training Seminars with Ryan R. Wilson • May 25, July 13 or Aug. 10; 9:30 a.m.-2:30 p.m. • This advanced Dim Mak combat training is open to practitioners of any martial art style. It is designed to compliment and enhance training through focused development of Unyielding Internal Strength that can then be channeled with precise control and awareness. Learn advance qi-breath and iron-body techniques that enable one to sustain multiple lethal blows to the neck, throat, groin, kidneys, floating ribs, heart and solar plexus without injury. Dim Mak self-defense tactics training employs precision nerve point striking and qi blows to disable the vital nerve-plexes of the body. The focus of these seminars is on the advancement of one's internal energy system with the ultimate purpose being the preservation of all life, including any assailants. Students interested in seminar participation must have current or past martial arts training and will interview with instructor prior to undergoing training. $69. Call Raevan at 975-9429, wuyaodao@aol.com.

Beginning Chen Style Tai Chi Chuan with Great Lakes Wushu • Beginning May 2, Mondays and Thursdays, 5:45-6:45 p.m.; Saturdays, 10-11:15 a.m. • Class will learn a 36 movement form. Instruction emphasizes body alignment, relaxation and balance. Training includes basic stances, silk reeling exercises and kicks. $65 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Yin Style Baguazhang with Great Lakes Wushu • Beginning May 1, Mondays and Thursdays, 7:35-9:30 p.m.; Saturdays, 11:25 a.m.-12:30 p.m. • The Lion System of Yin Style Bagua is taught. Comprehensive training includes strengthening postures, basic strikes, kicks, turning the circle and practical applications. $65 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts (continued)

Goldenshield Qi Gong with Felicity Foster • Second and Fourth Thursday of each month • Ancient Chinese masters developed Goldenshield Qi Gong as a way to achieve super strength and health. The origins date back 3,000-4,000 years and were closely guarded. Now they are open to the public to help improve health. Free demonstration. Contact felicity@fostercovers.com.

Tai Chi with Genie Britt of Jewel Heart • Ongoing Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested donation. Call 994-3387, office@jewelheart.org.

Tarot & Divination

Booksigning and Talk with Julie Tallard Johnson, author of *I Ching for Teens* presented by Crazy Wisdom Bookstore • May 18, 11 a.m.-2 p.m. at Crazy Wisdom Bookstore • Booksigning, talk and I Ching readings by award-winning writer for teens Julie Tallard Johnson. She will be signing her new book, doing I Ching readings and talking about the I Ching. No charge for talk. There is a charge for the I Ching readings. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Tarot... 78 Reflections of Life's Journey with Jeanne Adwani • May 16, 23, 30, June 6, 13, 20; 7-9:30 p.m. at Crazy Wisdom's Community Room • Each class is designed to deepen the mythic stories that live within each card. What do you see, feel, know? What is the journey? $100 for six classes. Limited enrollment. Call 734-662-8909; jeanne@intoowitgirl.com.

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Every Tuesday, 7-10 p.m. • $1 per minute or $30 for 45 minutes. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

Tarot Workshop: Songs for the Journey Home Deck with Dwarko Von Sommaruga • Sometime between May 14-23 • Using the Songs for the Journey Home deck, a round deck from New Zealand, author Dwarko will explain the deck which is a "topographical mapping of the peaks and valleys that make up the integral landscape of human experiences." For cost and date, call Minda of Earth Wisdom Music at 769-0969; earthwisdom80@hotmail.com.

Therapy & Support Groups

Touchstone Group Support Services for Women Recovering from Sexual Assault or Childhood Sexual Abuse with Cathryn Antkowiak-Howard of Sexual Assault Crisis Center • Wednesdays starting May 22, 6:30-9 p.m. • Touchstone is a six-month therapeutic support program for women who have experienced sexualized violence. This program includes two phases: Phase I is an eight-week information and discussion series and Phase II is a structured, facilitated therapeutic support group. Free, but a $3 donation per session is requested. Call Cathryn Antkowiak-Howard at 971-3695, ext. 122 or 971-3696 between 9-5 p.m.

Women: Taking Control of Your Life - An Intensive Mid-Day Therapy Group with Laurie Krauth • Tuesdays, Noon-1 p.m. • A one-hour intensive group to attack issues that rob you of a better quality of life. A small, goal-oriented setting in which to identify and address problems you are ready to tackle. $25 per session/insurance. Call 996-9111 ext. 234; lauriekrauth@iname.com.

Emotional Healing for Women with Chronic Illness or Pain with Erica Dutton of Wellspring Counseling • Ongoing Wednesdays, 4:30-6 p.m. • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our chronic illness and pain but doesn't allow the illness to take over. Typical issues discussed are anxiety, depression, coping with feelings, moving from denial to acceptance, practical strategies for coping with pain and fatigue, family and work issues. Members will set individual goals and work towards accomplishing them in the ten weeks. $350 with some sliding scale available and discount offered. Call 677-3056, eldutton@wccnet.org.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Ongoing Tuesdays, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Adult Survivors of Sexual Abuse Therapy Group for Women with Laura Sanders • Tuesdays, 6-8 p.m. • A long-term therapy group for women who are recovering from childhood sexual abuse and are interested in enhancing experiences of success, intimacy and joy in their lives. $35 per session. Call 662-3509; lsanders@umich.edu.

Women's Health

Breast Health with Patricia Kramer • May 11, 10 a.m.-2 p.m. • Class participants will be taught self help techniques such as lymphatic drainage, homeopathics, herbs and nutrition to prevent and/or heal breast disease. $60 with discount offered. Call 734-428-8740.

Womenspirit

Essence Point Women's Circle • May 21, June 18, July 16, Aug. 20; 7 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 741-0478, mckays@concentric.net.

Women's Mysteries: Accessing and Claiming the Wise Wom(b)an Within with Bronwen Wildflower Gates • May 20, June 3, 10, 17, 24; 7-9:30 p.m. • Explore the mystery of your womb, of being a woman, from child to aged wise woman. We will engage facts and fictions, be told stories and tell our own, be nourished, sing, remember and reweave. This five-week class is for women of any age, and especially for women who are approaching their midlife and the mystery of menopause. $120. Call 734-424-2744, bronwild@aol.com.

Goddess with Penny Weaver • Wednesdays, June 12-July 10; 8:30-10 p.m. • This four-week course uses experiential methods. Penny will help your progress to utilize the power of your intuitive side while helping you understand and remove karmic debt. For cost, call 248-374-1070; pennyweaverj@aol.com.

Women's Retreat co-sponsored by Essence Point and Gateways • Aug. 18, 10-5 • Join us in this special event created to allow women to experience the empowerment achieved by connecting with each other at a heart level, participating in rituals for healing the feminine spirit and creating in ways that focus and release. A day for celebration, joy and renewal in mind, body and spirit. $35. Call Lorna Brown at 734-428-8748.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 6, Noon-1:30; Part 2: May 13, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Ann Arbor Institute of Massage Therapy Career Presentation with Jocelyn Granger and Jane Anderson, Co-owners and Instructors • June 2 and Aug. 17, begins promptly at 10 a.m. and will finish at Noon • Find out what it takes to become a massage therapist! We'll begin with an information presentation, followed by a question and answer period. Refreshments, door prizes and a free seated massage! No charge. RSVP at 677-4430, ext. 21 or fax 677-4520, www.aaimt.com or aaimt@earthlink.com.

Writing & Poetry

Moontree performed by Elizabeth Alberda • May 4, 7:30 p.m. at Genesis Center of Ann Arbor, St. Claire's Episcopal Church and Temple Bethel • An offering of poems to open a portal to bring in feminine energy for the Earth. Donations appreciated. (No phone given for more information.)

Writing Practice: The Art of Showing Up On the Page with Jill Blixt • Six Thursdays beginning May 2, 9-Noon • Writers often struggle with consistency - how to create a structure that helps them break out of procrastination, perfectionism and fear. This workshop is for those individuals who have a current writing project. Mornings will begin with writing "warm-ups", followed with personal project writing time. This workshop is for individuals who want to create momentum and personal accountability in their writing practice. $30 per week includes brunch and materials. Call 665-4577; jillblixt@aol.com.

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • June 8, 9-Noon • We thirst for the deepest part of ourselves. That still small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. $30. Call 665-4577, jillblixt@aol.com.

Illustration by Nicole Macdonald

Yoga

Gentle Yoga with Christy DeBurton • Wednesdays, 10-11:15 a.m. • Join us at S. Joseph Mercy Health Stop at Briarwood Mall for a relaxing yet energizing yoga practice. Re-enter your week with a renewed sense of peace and well-being! For cost, call 761-8409, cdeburton@hotmail.com.

Power Yoga, Kundalini Yoga and Gentle Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • For complete information, call 761-8409, cdeburton@hotmail.com.

Level 1, Level 1-2, Level 2 and Level 2-3 Hatha Yoga Classes with Inward Bound Yoga Teachers Cathy King, Martha Laatsch, Lynette Smith and Dennis Vogt • For brochure, call 327-4963, kingcm@dmci.net.

Astanga Yoga with Jonathan Tyman of Inward Bound • Saturdays, 8:15-10 • For complete information, call 996-4549, tyman@umich.edu.

> There is no evil in the universe which is not the result of ignorance, and which would not, if we were ready and willing to learn its lesson, lead us to a higher wisdom, and then vanish away.
>
> - James Allan

Deep Stretch with Cathy King of Inward Bound • Wednesdays, 4:30-5:30 p.m. • For complete information, call 517-592-8017, kingcm@dmci.net.

Kripalu Wake-up Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 7:30-8:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Wake-up Yoga with Barb Linderman of Inward Bound • Wednesdays and Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562, gfl@umich.edu.

Postures to Sacred Music with Barb Linderman of Inward Bound • Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562, gfl@umich.edu.

Kripalu Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 9:30-11 a.m. and Thursdays, 10-11:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Prenatal and Postnatal Yoga with Marlene McGrath of Inward Bound • Prenatal class: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12:15 p.m. • For complete information, call 930-1970, marmamalia@yahoo.com.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Thursdays, 4:15-5:05 p.m. • For complete information, call 994-6130, billbarbmo@aol.com.

Gentle Flow with Lynette Smith of Inward Bound • Tuesdays, 4:30-5:30 p.m. • For complete information, call 995-0741, lynettes@umich.edu.

Yoga Class through Zen Buddhist Temple • Six Tuesdays beginning May 28 and July 2; Yoga I (for absolute beginners) 6-7:15 p.m., Yoga II 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520; a2buddha@aol.com.

Yoga, Relaxation and Breathing Workshop through Zen Buddhist Temple • June 1, 10 a.m.-4 p.m. • Also includes talks, sitting and walking meditation and a vegetarian lunch. $60. Call 761-6520; a2buddha@aol.com.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 4:45-6:15 p.m. or 6:30-8 p.m., Wednesdays 6 p.m. • Mixed level excellent for total beginners. These classes are designed for students to develop total fitness - meaning not only a healthy body but also emotional stability, stress management and heightened mental awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 10:30 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Satsang: Yoga and Meditation Question and Answer Session with Ema Stefanova • Ongoing Sundays, 6:30 p.m. • The question and answer sessions will help you understand yoga and meditation better and improve your personal practice. Suitable for yoga student, yoga teachers and all others interested. Drop-in okay, but please pre-register. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: The Art of Relaxation with Ema Stefanova • Saturdays, 3-6 p.m.; Sundays 10 a.m.-1 p.m.; dates to be announced • Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words meaning union or one-pointed awareness and sleep. During its practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Day with Ema Stefanova • Sundays, 9:30-4:30; dates to be announced • Relax and recharge in a positive and meditative yoga environment doing traditional yoga postures with the emphasis on breath awareness and relaxation. Total beginners welcome. Organic macrobiotic lunch provided. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Level I (Beginning) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 1-2:30 p.m. • Learn beginning yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level I/II (Beginning/Intermediate) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 11:15 a.m.-12:45 p.m. • Learn beginning and intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level II/III (Intermediate/Continuing) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 9:30-11 a.m. • See above description. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level I (Beginning) Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Saturdays, July 7-Aug. 18; 2:15-3:45 p.m. • Learn beginning yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $65 for non-members. Call 662-6282; massage4@aol.com.

Level II (Intermediate) Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Saturdays, July 7-Aug. 18; 12:30-2 p.m. • Learn intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $65 for non-members. Call 662-6282; massage4@aol.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Five books of Aaron's teachings have been published.

Carol Lynn Abramson was formally educated in both the fine arts and biological sciences. She has evolved from a full-time muralist into an artist doing her original works, focusing on her connection to spirit and spiritual growth.

Betsy Adams has had 25 years experience working with wildlife and companion animals. She uses natural healing modalities, including homeopathy, Reiki and animal communication.

Jeanne Adwani has had a working relationship with the Tarot since the early 1970's. "I feel the Tarot is a tool to deepen my relationship with myself, as well as the possibility of that for others. It is my hope to use the Tarot as a spiritual, therapeutic process."

Laurie Akerros has a master's degree in psychology and is a licensed massage therapist and bodyworker. She is also one of the 75 teachers worldwide of Esoteric Healing. In her private practice, she combines many modalities, including cranial sacral therapy, bodywork, Esoteric Healing, aromatherapy oils and vibrational remedies.

Elizabeth Alberda brings the spiritual realm into focus through 20 years teaching writing and literature, 25 years of experience in bioenergetics, Mystery school with Jean Houston, and Shamanic training in soul retrieval. She has an MA in Literature from Syracuse University.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. She has had extensive advanced training in a wide range of modalities, including certification in Muscularskeletal Injury Evaluation, Manual Lymph Drainage, and Myofascial Therapy. She teaches classes in meditation, anatomy, physiology, palpation, Maniken™, and workshops in Myofascial Therapies, Shiatsu and Sports Massage.

Kyrai Antares has conquered anorexia and bulimia. Her unique system of recovery/discovery, outlined in her new book, *Finding a Break in the Clouds*, combines self-revelation with healing the wounds of the disorder.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years.

Lauren Artress is the author of *Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool.* She is president and executive director of Veriditas:The World-Wide Labyrinth Project, which is dedicated to reintroducing the labyrinth in its many forms as a spiritual tool. Veriditas is based at Grace Cathedral in San Francisco, where Lauren is an Episcopal priest and canon for special ministries. She leads pilgrimages to Europe with a special focus on walking the labyrinth in Chartres Cathedral in France.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology).

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced Rolfing in San Francisco and Ann Arbor for 17 years. He has also studied craniosacral therapy.

Rita Benn, Ph.D. is the Director of Education at the Complementary and Alternative Medicine Research Center. She is trained as a clinical psychologist and is an Assistant Research Scientist at the Institute of Research on Women and Gender at the University of Michigan.

Jerry Berbaum, DC is an alternative health care provider of over 30 years. He now teaches his Sacred Journey workshops, based on an emotional release technique that is the result of many years of research and prayer. He also follows the Red Road of Native American spirituality.

Rose Beres is the owner of Ageless Wisdom, in Plymouth, Michigan, where she offers classes in aromatherapy, herbal supplements and flower essences, as well as self-hypnosis. She is also a Reiki Master.

Cheryl Beshada and Frank Garfield both began teaching hypnosis more than 12 years ago. They both maintain full time professional hypnotherapy practices at Clinical Care Network in Sterling Heights, Michigan.

Illustration by Nicole Macdonald

Barbara Billey is a registered dietician, dance artist, holistic educator, and a PhD candidate in Counseling. She is a Qigong practitioner, and she is a founder of the Wellness Coalition of Windsor and Essex County.

Kristin Blackburn, MSW, CSW is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect.

Jill Blixt is a creativity and life coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

Bob Bodi has studied at Tom Brown's Wilderness Awareness School. He is a volunteer Naturalist for the Toledo Area Metroparks and the Maumee Bay State Park.

Judith Bonini, ihm is an experienced spiritual and retreat director. She invites people to enter more deeply into the mystery of God as revealed in their lives. She brings a background of parish work, hospital chaplaincy and overseas ministry.

Linda L. Brake lives and practices Gem and Color Therapy in Dayton, Ohio. She has studied with Dr. Mahesh Chauhan, who is a Gem Therapist practicing this ancient art in India. While in India, she studied other healing modalities and holds a certificate in Pranic Healing.

Michael Bratcher, NCTMB combines energy work with therapeutic massage. The modalities that he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan is a midwife and health educator with over 19 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute, and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents.* She has been self-employed for 22 years.

Genie Britt is a disciple of Kwong Yu, the fifth generation master of the Wu family, and has been teaching and promoting this style in the Detroit area for over 10 years.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Lorna Brown has been presenting seminars and workshops in meditation, altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, and teaches workshops that emphasize transformation and integration. She serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Brodie Burris has been a lifetime student of the Martial Arts and Eastern philosophy. He has a masters degree in Traditional Chinese Medicine from a four-year program of study in San Francisco. He has been living and practicing here in Ann Arbor for the last four years.

Chris Campbell began his T'ai Chi training over 14 years ago, and continues to train with Chungliang Huang. He recently opened his T'ai Chi studio, *Inner Truth Center*, and continues his work with corporations for the well-being of their employees.

Community Supported Anthroposophical Medicine is a not-for-profit organization dedicated to providing patient care, education and research in Anthroposophically-extended Internal Medicine. The Rudolf Steiner Health Center, being founded this year, will be the first Anthroposophical therapy center in North America which offers overnight stays.

Teachers, Lecturers, Workshop Leaders and the Centers

Bruce Conforth, Ph.D. is Director of Jewel Heart, and has been a student of Gelek Rimpoche since 1995. He holds a PhD in Transpersonal Anthropology.

Cynthia Conklin has been a professional Shiatsu Therapist in Ann Arbor for over two years. She trained with Kazuko Kuratomi, founder of Kuratomi Therapy; Carola Beresford-Cooke, Co-Principal of Shiatsu College in London; and locally with Frances Farmer, a graduate of the Ohashiatsu Institute of New York. She continues her studies at the Ohashiatsu Institute.

Dottie Coyne of Deep Spring Center has considerable meditation and teaching experience. She is part of the Deep Spring Center teacher training program. She also teaches yoga in Ann Arbor through Inward Bound.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob to audiences across the U.S.

Ann Lyneah Curtis has been creating and teaching life castings for others since 1979. Her work extends from simple face masks to complex double bodies. Ann is a Texas artist who exhibits nationally and visits Michigan in August to show finished works and share her knowledge of this ancient art.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher who trained at the Omega Institute for Holistic Studies in New York. She has been teaching yoga since 1998.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Nancy Denenberg, MPT is a physical therapist and *Guild Certified Feldenkrais Practitioner*. Drawing from 15 years of private practice, she "offers careful and insightful instruction which provides a deeply supportive environment for learning". She has special interests in teaching people about walking, women's health and rehabilitation from stroke.

Eileen Dickinson has been a certified Trager® Practitioner for three years. She has been a physical therapist since 1975.

Kate Durda and ***Stephanie Tighe***, both shamanic practitioners, present workshops on Shamanism in the U.S. and Canada. They are the founders of SpiritWeavers, an organization dedicated to providing experiential training in shamanism, and offering shamanic healing to the mid-Michigan community.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Ryan Edwards "is a teacher of patience and respect". His drumming classes nurture beginners and challenge those more advanced. His journey with the balafon has taken him many times to Africa, to study with the true masters of the tradition. He has also studied in New York City, Boston and Michigan.

Mateyo Empie, the Medicine Woman, has been studying metaphysical disciplines in Peru, India, the United States, and elsewhere, for over 30 years. A certified polarity therapist, ordained minister, healer and leader of vision quests, she also weaves skillfully and throws original ceramics, holding a degree in the fine arts. She has taught self-development for over 15 years, concentrating on the traditions of Peru, especially the esteemed Q'ero of the High Andes.

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in the areas of interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling since 1995. Currently, she maintains a private practice, does intuitive/psychic readings in the Crazy Wisdom Tea Room, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is co-founder of Jewel Heart Center for Tibetan Buddhism and Culture, and has over 20 years experience with meditation and Tibetan Mind Training. She is the owner of *Lifeskills Coaching*, which works with businesses, groups and individuals. She holds a Masters Degree in Public Health.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles", empowering people and building community through the drum.

Flowering Tree Lodge is a teaching lodge of the Deer Tribe Sweet Medicine SunDance Path based in southeast Michigan. It is led by Debbie Mast and Tim Fools Bear, Roadpeople and 16-year apprentices to the Sweet Medicine tradition. The Lodge sponsors workshops, experiential activities, and earth-centered events for families and individuals.

Felicity Foster has 4 years' experience as an instructor of Qi Gong, and 24 years of experience in Transcendental Meditation.

Antonio Francesco is a sculptor, dancer and ceremonial artist. He leads seminars promoting full expression of the deep creative spirit through free form and ritual movement.

John Friedlander is an internationally recognized psychic, author and teacher, with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, and it is available at Crazy Wisdom.

Melanie Fuscaldo, LPC, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of their body, mind and spirit.

Sally Gabany is a wife, mother and grandmother, and an experienced spiritual director. She believes that there are many pathways to spirituality. Seeing all creation as threads, connections in the fabric of life, she believes in affirming the pathway of each unique individual.

Jessica Galbreth studied fine arts at the University of Toledo. She majored in painting with a focus on the human figure. Her love of fantasy began at a very young age. When it came time for her to start her own professional art career, it seemed only natural that she dedicate herself to the fantasy and mythological art she loves so much. She started off with a small collection of fantasy paintings. At the prompting of friends, she posted her work on-line and has since been gathering momentum. She is now well-known in fantasy art circles.

Peggy Garrigues-Cortelyou is the founder and facilitator of EarthSong Seminar. She offers workshops, classes and training on connecting the healing power of nature with our daily lives and work. She is an ordained pastor in the United Methodist Church.

Bronwen Gates, PhD is a healer and nature mystic, a botanist and herbalist, who combines the discipline and knowledge from her formal training in Biology with her intuitive gifts as a shaman and spiritual midwife. She has a practice as a holistic health and homeopathic practitioner, and spiritual therapist. She also makes available her own herbal salves and *Faerie Flowers* flower essences.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body-mind-spirit. The center offers ritual and ceremony to warm the spirit; workshops and seminars to open the heart and engage the mind; and health oriented classes and services to support the body on its journey.

Gelek Rimpoche is the spiritual director and founder of Jewel Heart. He was carefully tutored by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gelek Rimpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Photo by Linda Lawson

Nanci Rose Gerler holds a channeling evening at Crazy Wisdom on the first Monday of each month.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Aura Glaser is one of the foremost students of Tibetan Buddhist Master Gelek Rimpoche, and a co-founder of Jewel Heart. She is a dharma teacher, holds a Ph.D. in clinical psychology, and has had a private psychotherapy practice for ten years. She was the owner of Crazy Wisdom Bookstore from 1982-1989.

Cindy Glovinsky is a psychotherapist and professional organizer in Ann Arbor. She has presented at the National Association of Professional Organizers; the national conference for adults with ADD; at the Turner Resource Center for Senior Citizens; and she is the program director of the National Study Group on Chronic Disorganization. She is the author of *Making Peace with the Things in Your Life*.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Jan Goldstein is an ordained rabbi and educator honored by Johns Hopkins University, and the Secretary of Education; a produced playwright; and a published poet who was selected for inclusion in *The World's Living Poets*. Goldstein is the author of a new book, *Life Can Be This Good: Awakening to the Miracles All Around Us*.

Karen Gottschalk is a Masters level psychotherapist who works with couples and individuals seeking to enrich their intimate relationships. She has a private practice in Ann Arbor and Canton.

Stedman Graham is a motivational speaker, and the soul-mate of Oprah Winfrey.

Teachers, Lecturers, Workshop Leaders, and the Centers

Alice Greminger teaches the Alexander Technique.

Photo by Linda Lawson

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy. She also instructs students in anatomy, physiology, palpation and Maniken™.

Robin Graubarth, BFA, MPH, MA offers individual and group services, coaching and consultations that focus on Authentic Movement, creative process, embodied spirituality and transpersonal psychology. She has studied with many leaders and teachers since the 1970's in psychospiritual development, movement, art, ritual and healing.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, Reiki, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Craig Harvey has been involved in world healing meditations for many years, and individual/group energy work for three years.

Celeste Hill has studied, and works to practice and live, the ideas of Gurdjieff and Ouspensky for some years.

Ubaka Hill is a well-known percussionist, poet, and performance artist.

Laurie Hodder-Davis, RNC is a Women's Health Nurse Practitioner, and Certified Regional Trainer for the NeoNatal Resuscitation Certification program. She has 14 years experience in neonatal intensive care, including transport and stabilization of high-risk and critical neonates. She has worked for 24 years in both high-risk and low-risk obstetrics in Michigan.

Pat Hoff is an art teacher, painter, and graphic artist, and has a B.A. in English and a M.S. in Art Education.

Maria Housden's new book is *Hannah's Gift*.

Barbara Marx Hubbard is the nationally recognized author of *Emergence—A Shift From Ego to Essence*; *Conscious Evolution*; *Evolutionary Journey*; *Hunger of Eve: One Woman's Odyssey Toward the Future*; and *Revelation: A Passage of Hope for the New Millennium*.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Inward Bound *consists of* ***Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman, and Dennis Vogt.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. ***Barbara Linderman*** is the program director of Inward Bound.

Kathleen Ivanoff has been a student of Gelek Rimpoche since 1988. She has taught White Tara meditation at Jewel Heart centers across the United States. She has been head of the Jewel Heart transcription program.

Mary Jeng and ***Papa Hanne*** are from Senegal, West Africa. They have both studied dance, in Senegal and New York City. They have also toured with ballets from Senegal.

Rachel Jensen earned her BFA from U of M, with an area of specialization in ceramics; she is a master in her own right of the coiling technique. She is now developing extensive handbuilding offerings at Yourist Pottery Studio.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rimpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Julie Tallard Johnson is a psychotherapist and mentor of teens and young adults. She began her practice of meditation at the age of 16, and has traveled to such places as Australia and Bali to gather wisdom. She has written five books for teens, including: *The Thundering Years: Rituals and Sacred Wisdom for Teens*; *Making Friends*; *Falling in Love*; and *Understanding Mental Illness*. Her new book is called *I Ching for Teens*. She lives in Spring Green, Wisconsin, with her partner and their daughter.

Carol Karr has been an eclectic witch for over 20 years, and is one of the managers of Crazy Wisdom Bookstore. ***Heather Karr***, her daughter, is following her mother in tradition.

Sandy Kaye is a certified hypnotherapist, Reiki practitioner, and CranioSacral therapist.

Mary Bea Keeley, ihm has experience as both a retreat and spiritual director. In addition, she has served as a spiritual counselor at an addictions treatment center. She values helping persons spend time with their experiences; reflect on what the experiences touch within them; and pay attention to how God is present in them.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Dan Kinzinger is a second degree Reiki healer. He has studied various forms of healing for the past 25 years and has worked with groups doing guided meditation and creative visualization. He has worked under the guidance of Jonathan Ellis studying spiritual consciousness for the past several years.

Carole Kirby, ACSW has 25 years experience as a therapist and inspirational teacher. She is a certified Imago therapist/coach and workshop presenter of Getting the Love You Want Couples Weekends. She believes we have the potential to be fully alive, to learn, to grow, and to feel a deep connection to ourselves and to others. She appreciates diversity and gives workshops for heterosexual couples, for Lesbians and Gays, and for single individuals.

Cindy Klement is a certified nutritional consultant, certified iridologist and iridology instructor, certified herbalist, certified natural health professional, health educator, and energy healer. She has been in private practice since 1983.

Susan Klimist has considerable meditation and teaching experience. She is part of Deep Spring Center's teacher training program.

Patricia Kramer is a Women's Healthcare Nurse Practitioner, and a Homebirth Midwife.

Lucinda Kurtz is a graduate of the Barbara Brennan School of Healing, and is a certified Hands of Light Energy Healer. She uses a combination of bioenergetic techniques, shamanic journeying, and energy healing in her private practice in Ann Arbor.

Laurie Krauth, MA, LLP is a seasoned therapist working with individuals, couples and groups. She specializes in women's issues, gay and lesbian clients, and EMDR.
She practices with supervision by Zona Scheiner, PhD.

Steve Kronenberg has been a long time student of Gelek Rimpoche, and he has a Masters degree in Tibetan Language.

Morris Lawrence has 24 years of training in Shotokan Karate. He is a 4th Dan Blackbelt.

David Lawson of Deep Spring Center has considerable meditation and teaching experience.

Linda Lawson, MA, LLP has been working with children and their families for over 15 years. She currently has a private psychotherapy practice in Ann Arbor, where she sees children, adolescents, adults and couples. She is also a talented free-lance photographer, contributing wonderful photos for *The Crazy Wisdom Calendar*.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Debbie Mast, RN, MSN has been a qualified Sweet Medicine SunDance instructor for 11 years, and incorporates wisdom from both western medicine and shamanic traditions in her work as a therapist and healer. She is co-leader of the Flowering Tree Lodge in Michigan, and the founder of the Women's Hoop, a ceremonial group for women now in its 11th year.

James McDonald teaches throughout southeastern Michigan about the traditional uses of medicinal plants, focusing on indigenous, eclectic and traditional western herbalism. He has studied with Matthew Wood, Stephen Bruhner, and Rosemary Gladstar, and he has been an "ardent student of the most learned teachers of herbcraft…the plants themselves".

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She does psychic art and healing energy work.

Quentin McMullen received his medical degree from LSU School of Medicine in New Orleans, and his Internal Medicine training at Reading Hospital in Pennsylvania. He trained in Anthroposophical medicine at the Filderklinik in Germany, as well as the Lukas Klinik in Switzerland. He and his wife Molly are the principal physicians at Community Supported Anthroposophical Medicine in Ann Arbor.

Kevin Meisel is a Masters level psychotherapist who works with individuals, couples and families. His special interests include working with couples to empower and enrich their relationships. He has a private practice in Canton.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Chris Meier is a Lightworker committed to bringing forth the Pure & Perfect Pattern. He has been a Flower of Life facilitator since 1999.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 12 years. Siddiq John is a recognized teacher in the Sufi Islamia Ruhaniat esoteric school in the tradition of Murshid Samuel L. Lewis and Hazrat Inayat Khan.

Paul Militello is a professional drummer, drum maker and drum instructor.

Teachers, Lecturers, Workshop Leaders, and the Centers

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, 1978-1979; in San Francisco under Master Adam Hsu, 1979-1991; and under He Jinbao. He established the Great Lakes Wushu in 1992.

Estela Monjo and ***Dan Dwyer*** co-direct Windrise Spirituality Center. Estela is a sculptor and a graduate of Shalem's Spiritual Guidance and Group Leaders program. Dan has a background in family therapy, as well as in mind-body-spirit healing and retreat direction for MDs. He is also a graduate of Shalem.

Kathy Moore is a board certified music therapist, who's been teaching voice and music for more than 15 years; and performing jazz, improvisational, original, and folk all along the way.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Carol Morris is an artist and poet. Her one-of-a-kind greeting cards are sold at art galleries throughout the country. She leads collage workshops which are designed to inspire participants to create beauty from unexpected sources.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Janet R. Nagy, BSN, MPH, RN, DD is an elder, healer, teacher and ceremonialist. She has trained at Esalen Institute; and she has studied with Dr. Norman Sheely, Carolyn Myss and Barbara Brennan, as well as with many indigenous teachers.

Heather O'Neal spent her junior year in college studying in Kathmandu, Nepal. Today her career is designed around sharing her passions for Nepal. Twice a year she organizes customized tours trekking and exploring in Nepal.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling, and teaches at Duke University.

Phyllis Perry, MSW, MFA founded New Options Town and Country Counseling, specializing in career and lifestyle transitions for women. Her website address is: crazywisdom.net/New Options.

Judy Piazza is a workshop facilitator, educator, music therapist and performer who travels nationally focusing on frame drumming, power of pulse, rhythm and indigenous singing. She has performed with Glen Velez and Ubaka Hill and is a member of the Michigan group *Repercussions*.

Sandy Pierani is a certified aerobic instructor, and is also certified in non-contact kickboxing. She has also studied West African dance for several years, including trips to Senegal and Ghana.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden*. Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Jane Reading is a Flower of Life facilitator, and Director of Watersongs Institute, a water blessing ministry.

Richenda "Ricki" Reeves has completed all Levels of Competence through the Academy of Astrology, and was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, was released by Llewellyn Publications in March of 2001.

David West Reynolds is a University of Michigan Ph.D. graduate, and the author of *Apollo: The Epic Journey to the Moon*; *Star Wars: The Visual Dictionary*; and *Star Wars: Incredible Cross-Sections*.

Cheryl Richardson is the author of *Life Makeovers: A Practical and Inspiring Way to Improve Your Life One Week at a Time; The Self-Help Cards*; and *Take Time For Your Life*.

Gelek Rinpoche (alphabetized with the "G"s)

Raye Robertson is a Detroit-area astrologer/educator, and a member of the American Federation of Astrologers as well as the National Council of Geocosmic Research. She offers astrological charts, couneling, classes/workshops, and parties via her company, *3 Treaures Astrological Services*.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain. She became a Feldenkrais practitioner after discovering not only the Method's effectiveness, but also its corollaries to both the educational and creative process.

Liora Rosen, MS, MA got her Masters in Clinical Humanistic Psychology from the Center for Humanistic Studies. She has worked with individuals, couples, families and groups in Ann Arbor, since 1996.

David Rosenberg has been to India to study yoga from the Iyengars. He has been teaching since 1993, and is certified. His classes are "challenging but infused with humor and fun".

Merilynne Rush and ***Mickey Sperlich*** are Ann Arbor midwives who have been practicing together since 1993. They attend 45-50 home births per year. Their office and meeting space are at the Midwifery Arts Center, where several other midwifery-related businesses are located. They are also mothers.

Hartmut Sagolla has been a student of Gelek Rimpoche since 1984. After living in a Dharma Center in Australia with Geshe Loden, he has moved to Ann Arbor to become a member of the Jewel Heart staff.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work and myofascial massage therapy. She is a CSMT instructor, and directs the school's advanced myofascial training.

Laura Sanders, ACSW is an adjunct faculty member at the U of M School of Social Work, and an expert in the treatment of sexual abuse. He has worked with hundreds of child, adolescent and adult survivors. She has designed and implemented an array of creative interventions that promote healing of the senses and the psyche.

Photo by Linda Lawson

Astrologer Richard Smoot

Linda Sayer, DC is co-owner of the multidisciplinary clinic, CCMT. She is a chiropractic physician who works towards the integration of the chemical, structural and spiritual/emotion of the individual. Applied Kinesiology, nutritional counseling and mind-body medicine are used in her practice. She is currently developing and writing about Spiritual Anatomy.

Darren Schmidt, DC, ND is a holistic doctor in Ann Arbor. He looks at the body as a whole, and treats the cause of a person's health problem, not just the symptoms. He uses nutrition, vitamins, chiropractic, herbs, homeopathy, and energy techniques to improve the health of clients.

Peggy Schmidt, IHM is an experienced spiritual and retreat director who appreciates the richness of various spiritual journeys. She is committed to holistic spirituality which includes feminist, cosmic and justice perspectives.

Bob Schramm is a member of the Oblates of St. Francis de Sales. He is a pastor of Sts. Simon and Jude parish in Saginaw, and he is founder of the Detroit-area Men's Wisdom Council.

Sexual Assault Crisis Center is a program of the Washtenaw County Public Health Department, and the Center has been assisting survivors of sexual violence since 1976.

Jewel Shelden is a professional psychic and hypnotherapist. She teaches classes on various metaphysical and occult subjects, and does conscious channeling for private clients and groups.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Prema Lindsay Smith has been a massage therapist for over 25 years and taught at the AAIMT since 1984. In addition to Reflexology, she has trained in Neuromuscular, CranioSacral, Myofascial and Shiatsu Therapies, and she is certified in pregnancy massage. She is also a licensed RN.

Richard Smoot has been a practicing astrologer for 28 years, and is a registered Social Worker for the State of Michigan. He is a Certified Astrological Professional with the International Society for Astrological Research, and a Professional Member of the American Federation of Astrologers. He enjoys teaching students in astrology, writing articles for the general public, and holding group discussions in chart analysis.

Valerie Snowdon left her job in the corporate world six months ago to find her spiritual vocation. Her plan was to take a trip to Ireland to have wonderful mystical experiences and find her calling. Her plane was to leave September 12th. Instead she has stayed in Michigan, having "wonderful mundane mystical experiences" and she's found that she always had her calling, (there's no place like home). "I am a healer."

Peter Sparling is Artistic Director of the Peter Sparling Dance Company, and is a professor of Dance at the U of M.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Patricia St. Louis is an artist, poet, spiritual director, and former psychiatric nurse. She is also a Qigong practitioner, and a founder of the Wellness Coalition of Windsor and Essex County.

Judy Stone, CN, MSW is a certified nutritionist who specializes in wellness nutrition. She is also the publisher of Eater's Digest, an online newsletter at www.nutritionmagician.net. In addition to personal consultations, she also provides corporate wellness programs and training for health professionals in nutrition based healing.

Brian Swimme is the author of *Hidden Heart of the Cosmos; The Universe is a Green Dragon*; and *Universe Story: From the Primordial Era –Unfolding of the Cosmos*.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is President and Government Relations Chair of the American Massage Therapy Association. She is also certified with the NCBTMB.

Nancy Ann Tappe is a psychic and aura reader, who first recognized and identified the indigo aura in the new children coming to the planet. Much of her work is presented in the book, *Indigo Children*.

Andrew Taylor is a child care worker by day, and a Life Coach/Self-Help Workshop Teacher by night. He graduated from Ohio University (in Athens, Ohio) having done a double major in elementary education and theater/speech. He is a life-long learner, a "Light Worker" and a Lover of Life.

Teachers, Lecturers, Workshop Leaders, and the Centers

Debbie Taylor, BS, CHT received her Bachelors Degree in Psychology from Wayne State. She has been a certified hypnotherapist since 1990. She is a member of the International Medical and Dental Hypnotherapists Association. She has been interested in metaphysics for 30 years.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Dwarko Von Sommaruga is one of the authors of the *Songs for the Journey Home* tarot deck and book. She is coming to the United States from New Zealand as a presenter at the International Tarot Conference in Chicago, in May. Her Tarot Deck is available at Minda Hart's Earth Wisdom Music, on East Liberty.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Sharon Watlington was trained by the Upledger Institute, and is certified in CranioSacral, Integrated Manual Therapy, Therapeutic Myomassology, Reiki and Hypnotherapy.

Penny Weaver, PsyS, MA practices the new psychology of integration of mind, body and spirit. She is an LLP (Limited License Psychologist) psychotherapist, hypnotist, Reiki Master, Sekhem-Seichim Master Teacher, and teacher of meditation, Reiki and Sekhem-Seichim.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Ian White is a fifth generation Australian herbalist and naturopath, as well as the developer of the Australian Bush Essences. He has practiced as a naturopath for over 20 years, working specifically with flower essences for 16 years. He has presented at major medical conferences on cancer, and is the author of two books.

Mike Whitty, PhD is a futurist and life coach. He assists individuals and organizations in creating their futures. He also serves on the faculty of the University of Detroit. He is the editor of a published anthology entitled *Work and Spirit.*

Khita Whyatt,CMT is a certified Rolfer. She has been in private practice as a Rolfer for 13 years, and as a bodyworker for 15 years. She is also a senior practitioner in the exercise rehabilitation techniques of Joseph Pilates. She has worked extensively in the rehabilitation field with people from all walks of life, as well as with professional athletes, dancers and symphony conductors.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 21 years of experience in the healing arts including 14 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past eight years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Marianne Williamson is the nationally-known author of *Healing the Soul of America*; *Enchanted Love*; *Illuminata*; *Woman's Worth*; *Return to Love*; and dozens of self-help and spiritually-focused audios.

Ryan R. Wilson has extensive training in 27 varied healing modalities, including four years study in naturopathic medicine. A black sash in Kung Fu/Tai Chi, Qi Gung and Ki Jutsu, his focus in both his martial and healing practices is on assisting others in learning to sense, develop and direct their internal energy for the purposes of self-healing and self-awareness.

Wind Daughter is a Medicine Chief of the Bear Tribe, an organization founded by the late Sun Bear. Her teachings are mostly experiential, and her gift of song helps people connect with all their relations.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field.

Kay Yourist has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

Ypsilanti Campaign for Equality works to protect Ypsilanti's inclusive non-discrimination ordinance from a November election challenge aimed at its dismantling. Ypsilanti's inclusive non-discrimination ordinance became law in 1997.

Karlta Zarley, RN, BS has 20 years of experience in the U.S. in preventative holistic nursing care, 5 years experience as an interfaith spiritual mentor, and she is an advanced student of Healing Touch. She has been in private practice for 3 years in the Ann Arbor area, teaching and working with individuals using Healing Touch energy work.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim,*** Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Suzanna M. Zick, ND, MPH practices naturopathic medicine, with a focus on pediatrics, and she is a Research Investigator in the Department of Family Medicine at U of M.
At the Complementary and Alternative Medicine Research Center, she is the Co-PI of a clinical study on the effects of hawthorn on congestive heart failure.

Notes and Comments

The last time I wrote a piece for *The Crazy Wisdom Calendar* was at the end of the Bush/Gore post-election marathon vote-counting extravaganza. That seems like a long time ago. I still remember how much I detested George W. Bush after the Supreme Court elected him President.

On a sunny Tuesday morning in September, I was walking in the alleyway behind Crazy Wisdom Bookstore. Bob Ely, the dignified eighty-something gentleman who owns Mayer-Schairer Office Supply, was walking north in the alleyway, and he stopped me to tell me about two planes that had hit the World Trade Center. I found myself addicted to cable news, *The New York Times* coverage of "A Nation Challenged", and anything else about South Asia that I could get my hands on. I read Bodansky's biography of Bin Laden, soaked up Charlie Rose's interviews with Bernard Lewis and Ahmed Rashid, and found myself to be something of a Thomas Friedmanite. Christopher Hitchens, the political writer, and I agreed that Chomsky had missed the boat entirely, and that the attacks on the World Trade Center represented a paradigm shift in the alignment of nations.

I do support the "war on terrorism" and the war on Saddam Hussein. "Super-empowered individuals," to use Friedman's phrase, with nuclear suitcase bombs, do represent a profound threat to humanity on this planet. It's perhaps an unpopular viewpoint among Crazy Wisdom's customer base, our staff, and within the larger community of liberal Ann Arborites, but I do buy that "you're either with us or against us" with respect to terrorism, and weapons of mass destruction, being used against the West.

If the truth be told, I was the "last defender of the Shah in Ann Arbor". I thought, at the time, that the Shah had attempted, somewhat repressively, to bring Iran into the modern world, but that what would follow would be worse. It has been worse, so say the Iranians at the voting booth. Decentralization and bioregional diversity, yes. Freedom of religion, yes. Retreating from modernity, no.

I hold the view that Mahatma Gandhi and Martin Luther King, Jr. laid out a path for nonviolent change which must guide all human beings regardless of the intensity of their grievances, and that the faults of modern civilization do not warrant the use of violence. Holy warriors and suicide bombers are engaged in, to use Hitchens' phrase, a form of "theocratic fascism".

***

Then the winter came. Not much of a Michigan winter, really. Crazy Wisdom has borne the recession rather pleasantly. We had a terrible three weeks after September 11th, and then we completely bounced back. Our holiday season was our best ever, and our staff has been stable for months and months. No turnover, no one wants to say goodbye. Sometimes, it seems like there's a love affair between our staff and our customers, and what we sell, and what we're about.

There's something alchemical about the energy of the store, the music in the Tea Room on weekend nights, Lori Fithian's drum circles in the meeting room, Robert Hughes' monthly Reiki Healing circles, the daily smudging of the store, the way Diane Evans dresses up a table in the Tea Room to do psychic readings, the goodness and idealism of our staff (most of the time), and the intentionality which many of our customers bring with them when they enter the portals of Crazy Wisdom.

I love the way the store gets visited on a weekly basis by customers representing many threads of the Ann Arbor community, particularly the alternative community. I get so much pleasure observing Crazy Wisdom playing host to the likes of Max Heirich, Jill Blixt, Evie Gauthier, Gretchen Gardner, Richard Mann, Jim Wilton, Bronwen Gates, Karen Kerns, Kathy King, or Haju Sunim (on one of her all-too-infrequent visits). To me, this small city of Ann Arbor is lit up by the sparkle attending the leading lights of our holistic community. I often feel honored to witness Crazy Wisdom's energy being suffused, lifted and transformed by the presence of our contemplative and spiritually turned-on browsers, customers and guests.

So much of our media focuses on what is wrong, what is sad, what is sickening, what is frightening. Yet so much of what I experience in my daily life is magical, is positive, is sweet. What dissonance! I look in the eyes of my wife, Ruth Schekter, and I see a twinkle. I walk in my neighborhood with my dog, and I can't help but notice the special qualities of the very day which I am living. I happily eat a felafel at Jerusalem Garden, outside, on a splendid spring day. I absorb the love in my children's eyes.

And then I watch cable television news, or read *The Times*. I listen to stories of people whose lives have been torn apart by bombs and bulldozers, and other bad news of the day. And I don't know what to make of it. So many gentle souls around me. So much sweetness in my daily life. So much beauty in the simple act of being alive and being well. So much suffering in other places.

Truth is, I see suffering around me, too. Suffering by my young son, who has major medical challenges. Suffering by my sister, who hasn't gotten to live the life she would have wanted. Suffering by my mother, who wishes she could die but whose body won't oblige.

What to make of it all?

---- Bill Zirinsky

Diane Evans
Intuition Specialist
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Looking for a yoga class? Wondering who is playing in the Tea Room this weekend, or just wondering what's going on in the community? Click on www.crazywisdom.net

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Information at your fingertips!
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Body, Mind & Spirit Listings
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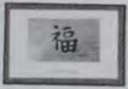
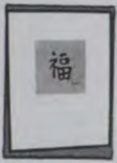
Sybil Shane Art Prints





In the East, calligraphy is an art form as well as a way of communicating. Even if we don't understand what the written characters mean, we can still appreciate the aesthetic appeal of their graceful designs. Artist Sybil Shane has chosen 24 Chinese characters as subjects for her Oriental calligraphy prints. Each depicts a quality we may wish to bring into our lives, such as clarity, joy, courage, laughter, strength, prosperity, and tranquillity. These symbols not only delight the eye with their artful lines and colors, they serve as visual affirmations that speak directly to the subconscious, subtly conveying their positive messages to the viewer. When placed in a specific gua according to feng shui principles, they also attract or enhance certain energies.

Management Position Available at Crazy Wisdom

We are looking for a qualified person to join the management team at Crazy Wisdom Bookstore, starting in early August. This is a full-time retail management position, and includes weekend and evening shifts. The job includes helping to hire, train and schedule the bookstore staff; managing daily staff activities; supervision of book and non-book inventory; ordering from jewelry, craft, art and other suppliers; merchandising and display; managing organizational and operational details; promotional outreach; coordination of store events; and related responsibilities. Interest in, and knowledge of, our areas of specialization is very helpful. An initial 1½ year commitment is required.

Moderate pay, excellent health insurance, lovely work environment.

This is an opportunity to be immersed in, and splash around in, and swim in, the subject areas of the store – alternative medicine and healing, the spiritual traditions of the world, the search for personal meaning and psychological growth.

If you'd like further information about this job, call Bill Zirinsky at the store on Mondays, 11 am--3pm or Thursdays, 8pm--11pm. Or come by the store and fill out a management application. Our phone number is 734-665-2757.

Events at Crazy Wisdom

Life Can Be This Good: Awakening to the Miracles All Around Us. **Book signing with author Jan Goldstein • May 10, 7 to 9 p.m.** Wonder is everywhere — if we would just notice it and invite it in. In this book, Jan Goldstein offers 40 life-affirming stories of people who opened themselves to all that is possible and were rewarded with miraculous experiences. The author describes a four-step process for turning the ordinary into the extraordinary: Listen, Open, Step Into, and Receive. This simple method brings greater recognition of and gratitude for the luminous moments in life.

I Ching for Teens: Take Charge of Your Destiny with the Ancient Chinese Oracle **with Author Julie Tallard Johnson • Book Signing & a free I Ching Consultation & talk on interpreting the I Ching • May 18, 11 to 2 p.m.** . The I Ching has been used for centuries as a means to divine the future, understand the present, and discover personal truth. With its ancient roots and widespread popularity, the I Ching has gone through many interpretations to keep its wisdom accessible and alive. Now, for the first time, Julie Tallard Johnson offers a fresh translation of this ancient text developed especially for teens. All ages welcome for signing and readings.

A mythical journey to a world of magic and enchantment with Fantasy Watercolorist, Jessica Galbreth • June 29th, 11 a.m. to 5 p.m. • Fantasy art featuring faeries, goddesses, medieval legends, dragons, unicorns, mermaids, Celtic myth and more! Browse her gallery showing; meet the artist, purchase prints, originals and other enchanting gifts.

Making Peace With the Things in Your Life: Why Your Papers, Books, Clothes & Other Possessions Keep Overwhelming You - And What You Can Do About It**.** **Book signing and Reading with Cindy Glovinsky • July 13, 2:00 p.m.** • Instead of offering the same suggestions for re-ordering your space, therapist Cindy Glovinsky asks readers the tough questions that will help them to identify and remedy their organization issues. Why we feel depressed if we lose certain things. Why we hold on to things that no longer give us pleasure. Patterns that help us identify how we arrange things & what percentage of our things have designated "homes".

Weber Center

Nature's Healing Connections

Saturday, June 15
9:30 am - 5 pm

When we are outdoors, our senses are gently stimulated in many different ways at once. Are you aware of how you are supported by creation — physically, emotionally and spiritually?

In this workshop you will:

- Learn to pay attention to what attracts you in nature.
- Affirm the joy of fully-awake senses.
- Express gratitude for your connections with nature.

Rev. Peggy Garrigues-Cortelyou is the founder and facilitator of EarthSong Seminar. She offers workshops on the healing power of nature in our daily lives and work. Peggy is an ordained pastor in the United Methodist Church.

$ 70 includes room and meals

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4090 Geddes Rd, Ann Arbor - in the Kreft Center

Concordia University is at the southwest corner of US-23 & Geddes Rd exit. Enter at the intersection of Geddes & Earhart Rd. The Kreft Center is located to the left of the steepled Chapel when you face south (when Geddes Rd is behind you).

Mini-talks, Presentations, Private Sessions, Spiritual Comedy Theater, etc:

12:00-12:30pm: "The Cosmic Door: Reflections & Cycles For 2002" Jayne Robinson
12:45-1:15pm: "Intuitive Hair Design For Men & Women" Jenny Lynn Mielentz
1:30-2:00pm: "In The Eye Of The Storm: Holding Your Space Amidst Turmoil" Marnie Burkman
2:15-2:45pm: "Breaking Through To The Other Side" Tom Egan
3:00-3:45pm: "The Trial And Tribulation Of The Ego" - Spiritual Theater!
4:00-4:30pm: "Westerners' Tea Ceremonies For Everyday Life" Wendy McKean
4:45-5:15pm: "Communicating With Nature & The Human Spirit" Antoinette Thoin
5:30-6:00pm: "I Don't Know What (This Feeling Is)" Jim Dreyer
6:15-6:45pm: "The Crystal Lake: Evolution Of The Animal Kingdom" Betsy Adams
7:00-7:30pm: "Feng Shui Tips For Creating A Sacred Space In Your Home" Wendy Warrick
7:45-8:15pm: "Landscaping One's Life: Relating To The Moment In A Creative Flow" Cecile Green
8:30-9:00pm: "Peace, Surrender And Stillness: The Birth Of Ecstasy And Joy" Brenda Morgan

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Story Tellers
Spiritual Landscaping
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For information/brochure, schedule of events, call Susan at (734) 665-0536.

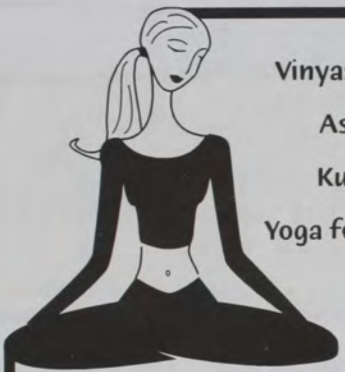
THE CRAZY WISDOM COMMUNITY JOURNAL

Issue No. 25

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
SEPTEMBER THROUGH DECEMBER 2003

The Crazy Wisdom Bookstore Salon - Fall 2003

Upcoming Speakers include:
(Clockwise from upper left) Aura Glaser, Brian O'Donnell, Barbara Brodsky, Max Heirich, Elizabeth Alberda (playing pan pipes), Dorothy Coyne, Bronwen Gates, and Michael Andes. Salon Facilitator Lucinda Kurtz is pictured in the middle.



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Laurie is a member of the International Network of Esoteric Healing worldwide teacher group, and has had over twenty years of training and experiance with holistic healing modalities, including esoteric healing, cranial-sacral therapy, massage therapy/bodywork, and vibrational essence therapies.

She teaches a wide variety of classes, and her healing practice (located in Ann Arbor) is dedicated to mentoring people to bring the multidimensional aspects of themselves into greater awareness and balanced expression.

CRAZY WISDOM BOOKSTORE SALON - FALL 2003

Join us as we continue our community Salon, a welcome opportunity
for exploration and inquiry where diverse opinions and
perspectives are invited and shared respectfully.

Honoring the interests of the Salon community,
we will focus our discussions this Fall on the variety
of spiritual paths and the journeys of our spiritual teachers and elders.

We will gather on the third Thursday evening
of September, October and November
at 7:30 PM in the Crazy Wisdom Bookstore Tea Room
114 S. Main Street, Ann Arbor
as our guest speakers share their experiences
and invite lively conversation.

Facilitated by Lucinda R. Kurtz, M.A.
Hands of Light Energy Healer
For more information contact Lucinda
at 665-9160 or lucindakurtz@comcast.net

JOURNEYS OF OUR SPIRITUAL LEADERS

Thursday September 18

(Fragrance Free Environment Please)

**Sharada Kumar, Acharya (spiritual teacher),
Chinmaya Hindu Mission
Aura Glaser, Ph.D., Co-Founder and Teacher,
Jewel Heart Tibetan Buddhist Center
Brian O'Donnell, Student and Teacher
of Pathwork and Psychotherapist**

VARIETIES OF SPIRITUAL PATHS

Thursday, October 16

**Bronwen Gates, Ph.D., Botanist, Herbalist, Healer, and Mystic
Elizabeth Alberda, Mother's Path
Michael Andes, M.S.W., Clinical Social Worker and Artist**

WISDOM OF OUR ELDERS

Thursday, November 20

**Max Heirich, Ph.D. Co-founder,
MI Holistic Health Assoc., Academic and Healer
Bill Bliss, Co-founder, Quaker Environmental Assoc.,
Retired Engineer, and Naturalist
Barbara Brodsky, Spiritual Director,
Deep Spring Center, Dharma Teacher
Dorothy Ann Coyne, Yoga and Meditation Teacher
and grandmother of 5 children**

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Author Events at Crazy Wisdom

Talk & Book Signing with Kathryn Gay-Andries
Soul Choices: Understanding Your Life Purpose
Saturday, September 6th • 4:30 p.m.

Talk & Book Signing with Joe Kort
10 Smart Things Gay Men Can Do to Improve Their Lives
Saturday, September 13th • 4:30 p.m.

Talk & Book Signing with Gabrielle Nagler
The Diet Doctor's Wife's Cookbook
Saturday, September 20th • 4:30 p.m.

Talk & Book Signing with Ann Welly & Sue Wilhelm
Woven from the Thread of Abuse
Saturday, September 27th • 4:30 p.m.

Celtic Wisdom Weekend with Carl McColman
Complete Idiot's Guide to Celtic Wisdom
October 17th, 18th & 19th
Workshops 17th & 18th, Private Tarot Readings on the 19th
Also Appearing, Celtic Harpist Gwen Knighton
Performing pieces from her CD *Box of Fairies*

Talk and Book Signing with Robin Wood
Theory of Cat Gravity, The Robin Wood Tarot
Saturday, November 8th • 4:30 p.m.

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Kirk Habib Laman, Sufi Teacher

The Shadhuli Sufi Center of Peace and Mercy is a non-profit organization. We are a group of individuals who offer the teachings of Shadhuli Sufism taught by our guide, Sidi Muhammad al-Jamal. We openly welcome all people, no matter what race, color, or religion to join us for gatherings and teachings. It is our understanding that everything that exists is our Beloved Lord. We witness: la ilaha ila 'llah (There is no God but God.)

Dhiker: Sufi Prayer, chanting, and readings are held Sundays and Thursdays 7:00-9:00

Contact Us: You can reach us for further information or directions by contacting Sufi Teachers, Kirk (Habib) Laman or Pam (Yasmeen) Laman at 734-222-9861. Or you can visit our web site at: ***www.sufiheart.com***

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Wednesday October 15

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Wednesday October 29

CLAIMING YOUR BODY FOR YOURSELF
Wednesday November 12

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See Calendar section for information on each class

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In This Issue:

The Crazy Wisdom Bookstore Salon on Miracles:
An Experiment in Community and Inquiry
By Lucinda Kurtz....Page 6

The Acupuncture Scene in Ann Arbor
By Mary Beth Gorsich....Page 10

Finding Grace in the Seasons
By Lindsay Passmore....Page 13

The Crazy Wisdom Interview
with Betsy Adams
on the Animal Human Energy Bond....Page 14

The Life We Share with Our Animals is Amazing
By Marliesa Back....Page 20

The Calendar....Page 22

Background Info on the Teachers....Page 40

Calendar Highlights for September - December 2003

1) **Drummers of Taiwan, sponsored by UMS, at Sunset in the Arboretum** – September 16
(See Drumming)

2) **Andean Master Iachak Don Alberto Taxo in Ann Arbor**
September 16, 21 and 26-28 (See Spiritual Development)

3) **The Crazy Wisdom Salon – Fall 2003**
Sept. 18, Oct.16 and Nov.20 –
(See Spiritual Development, and Advertisement on Page 3)

4) **Preparing for the High Holidays With Barbara Boyk and Lia Wiss**
October 4 (See Judaism)

5) **The Art of Mothering as Spiritual Practice With Jill Blixt**– Starts October 5
(See Mothering section)

6) **Celtic Wisdom Weekend with Author Carl McColman**
October 17-19 — (See Ceremonies and Celebrations)

7) **Dimensions in Light Festival** – October 26
(See Ceremonies and Celebrations, and Ad on Page 44)

8) **Author Robin Wood at Crazy Wisdom**
November 8 - (See Pagan)

9) **Senegalese Drummer Doudou N'Diaye Rose At the Michigan Theatre**
November 11 - (See Drumming)

10) **Burmese Buddhist Monk Gayuna Cealo in Ann Arbor**
November 14 - (See Buddhist Teaching)

11) **Annual Evening of Sacred Song**
December 6 - (See Music & Sound)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January thru April 2004 issue is **Wednesday, November 19th**, and the **deadline for paid advertising is Wednesday, December 3rd.** The issue will be distributed starting December 22nd. 4,500 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo.
Calendar and "Bios" Editor: Sarah Daher. Photography Editor: Linda Lawson. Photographs in this issue include photographs taken by: Linda Lawson, Ruth Schekter, Tammy Monroe, Angela O'Brien, and Neil Heidrich. Cover Design: Molly Nuzzo.

The quotes used in the calendar section were mostly found in the book: *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

The Crazy Wisdom Bookstore Salon on Miracles: An Experiment in Community and Inquiry

By Lucinda R. Kurtz, Salon Facilitator

When an idea is ripe in the collective unconscious, it is ready to be plucked and savored by us all. And so it has been with the Crazy Wisdom Bookstore Salon. Tapping into a long tradition of communal inquiry, curious Ann Arborites braved the elements and cold winter nights between January and April to gather at the Tea Room. With a deep intention to create a safe space to explore new ideas and express our hopes and fears, we built a strong foundation for an evolving community through dialogue, inquiry, and respect for diverse perspectives.

The focus of the four winter Salons was on miracles in their myriad manifestations. Each of the four different programs looked at miracles from a different perspective and invited speakers to share their insights into the meaning of the word "miracle" and their own experience of miracles. These thoughtful comments then sparked an exploration into the complexities of the topic by the Salon participants. The audience ranged from 35 to 65 folks of all ages and stages of life, some standing or sitting on the floor, comfortable in big overstuffed arm chairs, or squeezed into folding chairs by the size of the gathering. Some Salon participants became devotees and came to each Salon; others came to one or two Salons on topics that most interested them. There was a palpable excitement at each Salon, an expectancy that comes from recognition that together we have created a container for new possibilities to emerge.

The Crazy Wisdom Bookstore Salon - Fall 2003

Thursday, September 18: Journeys of our Spiritual Leaders
Thursday, October 16: Varieties of Spiritual Paths
Thursday, November 20: Wisdom of our Elders

Upcoming Speakers include:
(Clockwise from upper left) Aura Glaser, Brian O'Donnell, Barbara Brodsky, Max Heirich, Elizabeth Alberda (playing pan pipes), Dorothy Coyne, Bronwen Gates, and Michael Andes. Salon Facilitator Lucinda Kurtz is pictured in the middle.

(For the full program schedule, see ad on page 3 or listing in the Spiritual Development section of this issue)

The form of a Salon as used by the ancient Greeks and the 17th and 18th century Europeans seemed like an ideal format for the creation of community and the examination of new ideas. As I investigated the use of the Salon, I discovered its profound influence in disseminating radical theories that ultimately contributed to a complete social and political revolution on the Continent. In the early part of the twentieth century Mabel Dodge Luhan and Gertrude Stein brought this form to our country and gave it a uniquely American flavor. Eric Utne, publisher of the Utne Reader, revived the form in the early 1990's and received a powerful response from communities nationwide.

Our first Salon in January was on "Miracles in Healing" with guests: Sara Warber, MD, Family Physician and Co-Director of the Complementary and Alternative Medical Research Center at the University of Michigan; Coco Newton, MPH, RD, and Roger Newton, PhD, President and CEO, Esperion Therapeutics, Inc.; and James A. Arond-Thomas, MD, Specialist in Behavioral Medicine and Oncology. This was a truly remarkable evening, empowered not only by the inspiring and honest communications of our invited guests, but also by the deep sharing of miracles in healing from so many members of the Salon community. We had succeeded in creating a safe container to hold intimate revelations of deep sadness as well as awe and amazement at healings that had taken place in our lives and the lives of our loved ones.

> There was a palpable excitement at each Salon, an expectancy that comes from recognition that together we have created a container for new possibilities to emerge.

To initiate our conversation, I shared a section from the Foreword of Caryle Hirshberg and Marc Barasch's book, Remarkable Recovery: What Extraordinary Healings Tell Us About Getting Well and Staying Well. In the Foreword, Larry Dossey, asks the question, "Are remarkable recoveries 'miracles?' Or are they natural events that are statistically uncommon and extremely complex, but which scientists shall eventually explain when science knows enough?" Every guest related in their own unique way the manner in which they experienced the miraculous in their own personal and/or professional life. Sara Warber found the creation of the Complementary and Alternative Medical Research Center a miracle, a coming together of critical forces in the exact right moment to allow for the manifestation of a far-reaching and transformational idea. And on a personal note, she shared the tender final year of her mother's life and the miracle of healing that occurred within the family as they held each other in love and compassion.

Coco and Roger Newton shared the amazing healing journey they experienced with their young son who seemingly overnight developed symptoms of disturbing and debilitating psychological syndromes. Their journey took them through the traditional medical establishment and out to alternative healers and healing modalities that ultimately provided a release and healing in a most unexpected way. Roger stated that it was only because he was actually present at the healing and witnessed the powerful emotional and physical transformation in his son that he was able to be with us and attest to something beyond our mental models and current understanding of what is possible in the healing realm.

James Around-Thomas shared his own personal healing journey, the insights it provided him and the courage it gave him to completely shift not only his approach to medicine, but also the location of his practice. He moved from a very scientific, research-oriented focus to one that seeks a personalized approach to health and wellness with the goal of empowering the whole person and providing support for many people diagnosed with cancer who are determined to enter into the annals of the "remarkably recovered."

The setting of these Salons, in the moment in history where the engines of war and the outcry for peace churned around us, added another powerful energy to the passion of the community. January and February of 2003 saw the steady and unsettling escalation toward the war in Iraq. Our gathering in February followed massive world Peace Marches from New York to London, the Brandenberg Gate in Berlin, to Aukland, Capetown, Manilla, and Seoul, Korea. The Salon, "Miracles in Holy Scripture that Inspire Hope for World Peace," provided a way for those of us present to participate in the massive human cry for peace that was emanating from every corner of the globe.

Listening to Rabbi Elliot Ginsburg, Reverend Linda Dominik, and Imam Harry Bissell, we were able to see the potential inherent in the Jewish, Christian, and Muslim faiths to provide a pathway to peace. Together we held a powerful hope for a peaceful solution to the conflict, yet also expressed our misgivings at the seeming dissolution of bonds between peoples in the Middle East and globally and the lack of a coherent and peaceful vision of peace in our political leaders.

I shared a passage from Bruce Feiler's Abraham: A Journey to the Heart of Three Faiths that seemed to capture the expectancy of the moment and the challenge before us: "You could not have written a script that would say that today, after thousands of years, with all our technology and sophistication, we would still be fighting a war over this place, over the legacy of Abraham. But the reason is that this is the place of relationship. This is not only the spot where it is possible to connect with God, it's the spot where you can connect with God only if you understand what it means to connect with one another. So the question is not whether God can bring peace into the world. The question is: Can we?" And so we as Salon participants struggled with this challenge in the microcosm of the world that we were creating in the present moment, trying to model a new way of relating by bringing together Christians, Muslims, Jews, Buddhists, atheists, and people of all faiths.

> When an idea is ripe in the collective unconscious, it is ready to be plucked and savored by us all. And so it has been with the Crazy Wisdom Bookstore Salon.

This fundamental question carried us forward to our next Salon in March, A Course in Miracles. Lucie Nisson, MSW, a psychological-spiritual consultant and David Bell, Minister of the Interfaith Center for Spiritual Growth, shared their deep knowledge and appreciation of the lessons and message of the Course. Lucie took us experientially into the essence of the Course, to begin removing our blocks to the awareness of love's presence in our lives. She helped us understand the Course as a method of training our mind away from the "normal" thinking of the world, from a thought system based on fear to one based on love.

And what moment more poignant could there be to look at this tendency we have as human beings to react in fear rather than respond in love and acceptance than during this week in March when President Bush announced his intentions to forcefully enter Iraq. The safety created in the space of the Salon allowed us to collectively experience the intensity of our distress as we all prayed for a miracle. The Course defines a miracle as "a divine healing of human perception." We acknowledged that here in this moment we were creating love and healing in our own lives as we connected with each other. And this is the miracle that we could create together.

Our final Salon in April called upon the Salon community itself to come forward with experiences of the miraculous in our own lives. The Salon, "Your Personal Experiences with Miracles," brought together many former Salon participants and a number of new people, all interested in sharing special moments in our lives in the intimate setting we had been able to create together. I felt remarkably grateful and humble to be in the presence of so many souls willing to share the sacred moments in their lives with our community. I listened to the unfolding of stories of healing, discovery, journeys, death of loved ones, and rebirth. The whole panoply of life's transformational moments seemed to be revealed. We concluded this Salon, as we had ended each one, with the participants standing in a circle, acknowledging silently the contributions each one of us had made to the creation of this special community.

There was a strong consensus among the members of the group that we wanted to continue meeting and exploring together in the Fall. We discussed what issues hold the most passion for us. I distilled a focus for our Fall Salon series from the wealth of ideas presented and hope that I accurately captured the essence of the group's will. Our Fall Salon series will focus on the variety of spiritual paths and the journeys of our spiritual teachers and elders. Please see the announcement of the Salon in the Spiritual Development section, or the ad on page 3, of this issue of *The Crazy Wisdom Community Journal* for more details. Again, we have a remarkable group of men and women from the Ann Arbor area who will challenge us to probe more deeply into the complexities of our ideas and experience. It has been my great privilege and honor to facilitate this Salon where I have met people of such depth and expansiveness. Please join us the third Thursdays in September, October, and November as we continue to deepen our inquiry and develop our community.

Lucinda R. Kurtz, M.A is a certified Hands of Light Energy Healer and a graduate of the Barbara Brennan School of Healing. She uses a holistic approach to health and healing combining hands-on energy healing, bioenergetic techniques and shamanic practices in her private practice in Ann Arbor.

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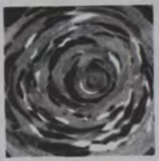

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The Acupuncture Scene in Ann Arbor

By Mary Beth Gorsich

As more Westerners than ever before are using acupuncture as an alternative or complement to their modern health care, four local master practitioners agreed to discuss their philosophies and unique approaches to this ancient oriental art, as well as touch on the particular issues surrounding acupuncture practice in Michigan.

For the state of Michigan, Ann Arbor is considered an active acupuncture community and the following gives the reader just a sampling of many qualified practitioners in the area.

Rosanne Emanuele explains that a real classic Chinese acupuncturist, out of respect, doesn't touch the body very much. Using the Kiiko style, she does the opposite; "I touch the body very much. So a person feels like they're getting body work and acupuncture at the same time. So I palpate every point that I put in, and generally not all acupuncturists by any means do that."

"I think our culture is beginning to open up more and more to accepting energy medicine in general," said local acupuncturist and Chinese herbalist Brodie Burris.

Studies such as the *Journal of American Medicine Association* 1998 report by David Eisenberg found consumers spending up to $21 billion on complementary and alternative medicine (CAM) therapies in 1997. And this has helped increase government awareness of acupuncture's importance to the public.

Last year, the White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP) also helped bring attention to the public's growing demand for CAM services. Their final report indicated that as much as 43% of the US population used some form of CAM, and that scientific evidence suggests it can "be beneficial for treating illness and promoting health." It further recommended support for education, research and funding, and that federal agencies increase their activities with CAM.

Yet despite all the increased awareness of its popularity 'the medical establishment and government have been relatively slow to respond," notes the May 2001 *APA Update*. This statement seems to hold particularly true for the state of Michigan.

Why Acupuncture?

People use it "because it works," says Brodie Burris. "For 3-5 thousand years depending on who you're asking it has been used as the sole modality with herbs in most of Asia. There is a way of treating almost anything you can come up with."

Recognized as being one of the more commonly used CAM therapies, what makes acupuncture so effective, says acupuncturist Dr. Qingchun Kong, is that it encourages the body to promote natural healing and functioning with no side effects: "It has a two way adjusting function. So for example, it can lower hyper blood pressure and raise hypo blood pressure. And this gives acupuncture its unique superiority [to other modalities]."

Still, in general it appears the public needs to be educated as far as what acupuncture and oriental medicine truly are and have to offer.

"There are a lot of misconceptions that people think they're getting stuck with tons of needles and it really hurts badly. At this point, 99% of all practitioners I know are using pre-sterilized disposable needles," said Burris.

In fact, the FDA requires it. Needles used, also, are so extremely fine they can fit through the hole in a hypodermic needle.

There can also be an affect during treatment that some swear can be comparable to a glass of wine. The "acupuncture buzz" is a deep relaxation mixed with a sense of well-being and peace. "You just feel really good," said Burris. "It's pretty common."

What Can I Expect

Fees quoted from local practitioners surveyed, while subject to change, ranged from $45-75 for a one hour treatment session. Some practitioners also require an initial visit that can last longer and cost a bit more. In the United States, patients with chronic conditions may be seen about once or twice a week for a series of sessions, the number of visits depending on the condition.

Acupuncturist Dr. Shan Kong, however, tells of a situation requiring only one treatment. Using it in an acute case as an immediate first-aid measure, she stopped a seizure, thus preventing the patient from an emergency room visit.

Michigan "Lagging Behind"

Michigan is currently one of six remaining states that don't have their own state licensing of acupuncture. This situation makes insurance coverage unlikely for anyone receiving treatment.

As noted by the National Institute of Health (NIH), one of the keys to integration of acupuncture into the health care system is the "training and credentialing of acupuncture practitioners by the appropriate state agencies."

Burris points out that in California, for instance, acupuncture commonly serves primary care physicians. "Almost all insurance companies cover acupuncture and herbs and the other aspects of what I do."

"In treating infertility, at some of the best IVF clinics it's a requirement to have 8 treatments before they even do their IVF. Blue Cross Blue Shield covers it."

The other unfavorable aspect of Michigan currently not having a state regulatory law is that it is possible for a MD or DO to practice "medical acupuncture" having had little or no formal training in the field.

"A physician could have taken a 20 hour weekend seminar and that's it. Acupuncture is practiced at the consumer's own risk," said a representative at the Michigan Association of Acupuncture and Oriental Medicine (MAAOM).

Coming from seven generations of doctors in Chinese medicine and Acupuncture, **Dr. Shan Kong** says that she began her training at age five under the guidance of her father and grandfather. "I memorized all the tips in diagnosis and the prescriptions for acupuncture before I went to elementary school. And I went with my father wherever he practiced medicine, participating in the treatment." At age 7, she is reported to have stopped a grand mal seizure with needles, and became known in the surrounding area as the "baby doctor."

Local practitioner Rosanne Emanuele also points out that since acupuncturists aren't licensed entities in Michigan when "someone with very low quality skills gives very low results…they trivialize our work."

MAAOM says they have been working hard to get a regulatory law passed in the state since 1986. "We're in the underwriters' stage right now and hope for more success with our new governor. "

Shopping for a Qualified practitioner

All practitioners interviewed agreed reputation or "word of mouth" was the best way to ensure a qualified acupuncture. Brodie Burris pointed out that the consumer will also want to choose someone who has made acupuncture his or her life—that's all they do.

"I believe you would want to find someone who graduated with a degree from an accredited college and who is probably a diplomat of the (NCCAOM) National Certification Commission for Acupuncture and Oriental Medicine—which would be equivalent to say passing the state bar."

Photo By Mary Beth Gorsich

Rosanne Emanuele

While there are different styles of acupuncture such as Chinese, Japanese, Korean and even French forms using elctroacupunture, you can add to that the uniqueness of each individual.

"All of my classmates, we all went through the same classes and had the same academic experience nearly. I guarantee that each is practicing oriental medicine in a unique way. It's important to feel in harmony with them as a person," says Burris.

He points out that one of the benefits of trying a number of different practitioners is that everyone approaches problems from a different angle. "People may just think oftentimes that acupuncture doesn't work because I tried this one person and they didn't help me. But acupuncture in the hands of a different person thinking about you from a different direction could be extremely effective."

Japanese Style

Rosanne Emanuele, M.Ac., Dipl. Ac.
2350 Washtenaw, Ste 7
734-302-7300

A former shiatsu body worker for 12 years, acupuncture was the next progression for Rosanne Emanuele on her path as a healer. After graduating from the prestigious New England School of Acupuncture in Watertown, Massachusetts after fours years study, she tutored under her main teacher Kiiko Matsumoto for 2 1/2 years.

"It really matters who you see. It's very much an art," says Rosanne. "As soon as you get there and the practitioner touches you, you usually know."

She explains that a real classic Chinese acupuncturist, out of respect, doesn't touch the body very much. Using the Kiiko style, she does the opposite; "I touch the body very much. So a person feels like they're getting body work and acupuncture at the same time. So I palpate every point that I put in, and generally not all acupuncturists by any means do that."

As well as the classic acupuncture needles, Rosanne uses moxibustion (dried herb used at the base or tip of needle). She also has some state of the art general tools such as non-insertive tools that just get placed on the skin and affect the energy.

Qigong, passing of the energy, is also high on her list, as is working with adjunctive tools like very low gauss magnets (of low magnetic intensity). For a gentle little additional treatment, sometimes a patient also receives tiny little interdermal needles that just break the skin and are taped down and worn by the client for about five days.

"I think where acupuncture really shines at is its regulatory capabilities. If you have a good acupuncture session, it's something that's engendered from inside and it's a wonderful feeling that arises. It really does treat the body and mind."

Photo By Mary Beth Gorsich

Shan Kong

Rosanne said she sees a number of people that have been anxious or depressed with thyroid problems, irritable bowel or the many other rampant conditions that accompany unbalanced states of mind. And within minutes they can begin to receive psychological benefits.

"With all the stuff we've done to the environment and all the psychological gyrations of modern living, the body when treated right can still get to this wonderful calm pleasant place, and from there starts to heal things. You don't get that other places."

"Someone comes in with tendonitis…or a migraine headache and it doesn't take long before acupuncture begins to treat the whole person and all these different issues are going to come up. So people end up being much more nourished and supported than they bargained for. And that's when they really start to have good health. And then you get to the question, well, what is good health anyway? And it's good spirit as well."

Classic Chinese Style

Dr. Shan Kong, Dr.TCM, Dipl. Ac., Dipl. Herbology
Dr. Qingchun Kong, Dr.TCM, Acupuncturist and Herbalist
Bio Energy Medical Clinic
412 Longshore 734-995-3200

Both Drs. Shan Kong and Qingchun Kong (though not related) are Chinese immigrants who practice classic Chinese form.

Among their many awards and honors in China citing their "extraordinary" abilities, both continuously received the prestigious title of "Most Distinguished Physician" by the Chinese government.

Dr. Qingchun Kong's other accomplishments include discovery of the acupuncture point *Guanxin,* which is effective in the treatment of arteriosclerosis and coronary heart disease—a technique now widely used in China. He also developed a Chinese herbal mixture *Maojing* that has been effective in the treatment of all cancers, and is said to have lengthened the life of liver cancer patients far beyond traditional medicine.

"I was granted the award in 1978 following the ten year cultural revolution," said 52 year old Shan Kong. "No awards had been granted during those previous years, so it was a great honor to be among the first recipients."

The award criteria included being a widely know physician with a high cure rate and with at least one breakthrough in treatment techniques. Out of 40,000 physicians in China who were considered that year, ten were chosen to receive this award.

Her discoveries in the field of acupuncture include invention of a new treatment for cerebral hemorrhage, and findings that the *baihui* locus helps control cholesterol levels, and thus prevents coronary blockage. She has also been recognized in China for discovering a methodology of diagnosis through symptoms in a patient's earlobes. This discovery referred is said to be able to provide patients with early stage malignant tumors greater timely diagnosis and effective recovery.

Dr. Kong, who practiced in China for 21 years before coming to the United States, holds a doctorate in Traditional Chinese medicine and acupuncture as well as a degree in clinical Western medicine. She has written many influential Chinese medical articles and seven textbooks, and has often used her father's notes as a source of reference.

She says she has much success with treating gastrointestinal tract disease, infertility and in immune disorders. One of her most recently satisfying cases was the successful treatment of a patient who had been on heavy medication for years with migraines who is now pain and medication free.

"I also had another patient suffering from manic-depression or bipolar disorder. He has been feeling well for the last four years without any medication."

Descended in a direct line from Confucius (73rd generation), she believes very strongly in living by the Confucius model of ethics, kindness and humility which she considers essential to her practice.

In her waiting room, she points to a bulletin board holding dozens of thank-you letters from patients who write of their successful results from her course of treatments.

"She is extremely gentle as a practitioner," writes one patient who was successfully treated for menstrual difficulties. "Non-judgmental and kind," writes another.

Coming from seven generations of doctors in Chinese medicine and Acupuncture, she says that she began her training at age five under the guidance of her father and grandfather.

"I memorized all the tips in diagnosis and the prescriptions for acupuncture before I went to elementary school. And I went with my father wherever he practiced medicine, participating in the treatment." At age 7, she is reported to have stopped a grand mal seizure with needles, and became known in the surrounding area as the "baby doctor."

Dr. Qingchun Kong

Dr. Qingchun Kong, age 43, also learned acupuncture as a child. Born into a prestigious family, his parents were well-known physicians who taught at University medical schools. He studied five years of Chinese medicine at Heilongjiang University of Traditional Chinese Medicine and two years of Western preventive medicine at Harbin Medical School.

In addition to authoring five medical textbooks, he received five awards and honors by the Chinese government citing his "extraordinary ability": Most Distinguished Physician, Most Excellent Young Innovator, Most Exceptional Author, First Place for Contribution to the Country, and National Second Prize for Advancement of National Science and Technology.

His other accomplishments include discovery of the acupuncture point *Guanxin,* which is effective in the treatment of arteriosclerosis and coronary heart disease—a technique now widely used in China. He also developed a Chinese herbal mixture *Maojing* that has been effective in the treatment of all cancers, and is said to have lengthened the life of liver cancer patients far beyond traditional medicine. Dr. Kong has also conducted major research on the prevention and treatment of myocardial ischemia (a painful heart condition) and was awarded a National prize for his work in this area.

Like his colleague Shan Kong, as a practitioner of the classic Chinese form he keeps needles in for 30-60 minutes. Patients will feel a sensation when needles are inserted, which are then turned or twirled periodically. Other techniques are cupping, TDP lamp, moxibustion, electric stimulation and use of herbs.

While some patients have an obvious effect after the first treatment, they estimate that most chronic problems take 10-15 sessions or even more.

However, Dr. Qingchun Kong says the case he is most proud of was the treatment of a patient with facial paralysis who recovered after only four treatments. He says he has also has had much success in treating neuropathy-radiating pain, allergies, anxiety, dizziness and male reproductive problems. He has found acupuncture to also be effective for addictions, and has aided the cessation of smoking after only three treatments.

Dr. Kong came to the US four years ago "to embrace the way of life and to apply the combined theory of Chinese and western medicine to diagnose and treat patients conditions."

He has been described by Ann Arbor holistic physician Patricia Kelly as a "humanitarian with exceptional skills."

Chinese Style Incorporating Touch
Brodie Burris, MSTCM, Dipl. Ac., CMT
2160 Huron Parkway, Ste. #4.
734-975-2745

Walking into the front waiting room of Brodie's practice can be a visceral experience, both earthy and elegant. A Chinese-red back wall moves the eye toward a cool passageway. There, shelves lining the walls hold over glass jars filled with raw Chinese herbs. This is where he weighs, freshly grinds and custom crafts formulas. "This is the only way I make herbs for people. They come to me for acupuncture or just herbs or both."

Photo By Mary Beth Gorsich

Qingchun Kong

200

His primary modality is acupuncture with needles, though massage, qigong and herbs play a big part in how he treats patients. As a Chinese herbalist, he explains that compounds are used in completely differently ways than Western herbs.

"Rather than one compound in an herb that's been recognized to have effects for singular purposes, here we're creating formulas of maybe 6-15 different herbs… and they have synergistic and antagonistic effects with each other to help shape the overall formula. It's an enormously involved field."

A California native, 31 year old Brodie Burris has been a practicing in the Ann Arbor area for five years. He graduated from the four year masters program at the San Francisco American College of Traditional Chinese Medicine, and his back ground in psychology, physics and bodywork also reveals itself in his healing approach.

Qigong, tai chi, meditation play a big part in cultivating his own internal energies as a practitioner.

(continued on next page)

The Acupuncture Scene in Ann Arbor (continued)

Photo By Mary Beth Gorsich

Brodie Burris

"They are important when you're doing energy medicine like acupuncture. It's one of the differences between being a technician and mastery. I'm far from mastery, but it's the path I'm on."

As a young child he began his studies in martial arts, which he says shaped an Eastern bend to his life and interests. "I studied jujitsu as a kid, and part and parcel of that training was massage. Throughout my whole life I've been using that to heal what's been broken."

Brodie spends two hours with clients on their initial visit. The first hour and a half talking with them and getting to know their entire health history.

"Each person's situation is a result of their unique mental and emotional climate as well as environmental factors that come into play. I need to know all these aspects of who you really are, to know how to go about approaching you".

"Now of course you may be having shoulder pain and that's the primary reason you're coming. And certainly I'm going to focus on addressing that condition, but you're more than just a shoulder to me. You're an entire being and therefore I want to know you as an entire being."

"It sums up one of the highest purposes of oriental medicine to me— that the superior physician is the one whose patients don't get sick in the first place."

He says he does subtle diagnostics of examining the tongue and the pulses which provide insight into internal imbalances that may have yet to physically manifest. In this way he can address them at purely an energetic level and correct them before they begin to generate illness or discomfort.

"I consider what I do to be sacred, and people and their processes of health to be sacred. I'm honored by the trust that people give me in bringing their health concerns to me—I don't take that lightly."

Resources

(MAAOM) Michigan Association of Acupuncture and Oriental Medicine www.michiganacupunture.org
This site provides several acupuncture web links as well as updates on current state legislation efforts.

> **Brodie Burris'** primary modality is acupuncture with needles, though massage, qigong and herbs play a big part in how he treats patients… Qigong, tai chi, and meditation play a big part in cultivating his own internal energies as a practitioner. "They are important when you're doing energy medicine like acupuncture. It's one of the differences between being a technician and mastery. I'm far from mastery, but it's the path I'm on."

(NCCAOM) National Certification Commission for Acupuncture and Oriental Medicine lists nationally certified diplomats www.nccaom.org
Phone 703-548-9004

(NCCAM) National Center for Complementary and Alternative Medicine, located in the National Institutes of Health (NIH). According to WHCCAMP's final report it has a congressional mandate to provide information to the public on CAM research and NCCAM activities.
www.nccam.nih.gov
Clearinghouse 1-800-644-6226

www.holistic-online.com provides a section on acupuncture.

Reference: 1. Acupuncture. NIH Consensus Statement 1997 Nov 3-5;month,day]; 15(5):1-34

Body, Mind & Spirit Services at Crazy Wisdom

Drop-In Massage with Mary Ledvina
Tuesdays, 11-2 p.m. • $1 a minute
No appointment needed
Call 734.665.2757

Drop-In Tarot Readings with Kathy Bloch
Tuesdays, 7-10 p.m. • $1 per minute
No appointment necessary
Call 734.663.0435

Drop-In Tarot Readings with Rebecca Williams
Thursdays, 7-10 p.m. • $1 per minute
No appointment necessary
Call 734.429.5138

Drop-In Reiki Sessions with Greg Weathers
Fridays, 7-10 p.m. • $1 a minute
No appointment needed
Call 734.546.2422

Drop-In Intuitive/Psychic Readings with Diane Evans
Saturdays, 2-5 p.m. • $1 per minute
No appointment necessary
Call 734.327.9568 evnsd7@aol.com

Drop-In Massage with Michael Bratcher
Sundays, 2-5 p.m. • $1 a minute
No appointment needed
Call 734.665.2757

Reading Circle at Crazy Wisdom

Reading Circle at Crazy Wisdom

Each month, a different book is chosen
for reading and discussion.
Sign up for the discussion in advance
and receive 30% off the purchase
of the current month's title.

September's Selection
Food as Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life
by Dharma Singh Khalsa.
Tuesday, September 30 • 7 - 8:30 p.m.

October's Selection
***War Is a Force That Gives Us Meaning* by Chris Hedges.**
Tuesday, October 28 • 7 - 8:30 p.m.

November's Selection
***Power vs. Force: The Hidden Determinants of Human Behavior* by David R. Hawkins.**
Friday, November 28 • 7 - 8:30 p.m.

December's Selection
***The Secret Life of Bees: A Novel* by Sue Monk Kidd.**
Tuesday, December 30 • 7- 8:30 p.m.

For more information call 734.665.2757

Finding Grace in the Seasons

A New Rudolf Steiner School Family Discovers the Seasonal Festivals

by Lindsay Passmore

When our family moved to Michigan from coastal South Carolina, we settled in Ann Arbor so that we could send our children to the local Waldorf school. The Rudolf Steiner School of Ann Arbor (RSSAA) is part of the small but rapidly growing Waldorf education movement founded by the Austrian scientist and philosopher Rudolf Steiner nearly a century ago. Having been a teacher and school administrator prior to becoming a mother, I was captivated by what I learned about Waldorf schools through the parenting book You Are Your Child's First Teacher by Rahima Baldwin (formerly of Ann Arbor). What impresses me about Waldorf schools as an educator is the unique blend of progressive and traditional teaching methods. What impresses me as a mother who draws strength from spiritual practice is the recognition of each child's innate spirituality that underlies the Waldorf approach. Since arriving here, we have not been disappointed. Indeed we have been surprised to discover the gifts Waldorf education has offered our entire family, particularly through the celebration of seasonal festivals that quietly cultivate the life of the soul.

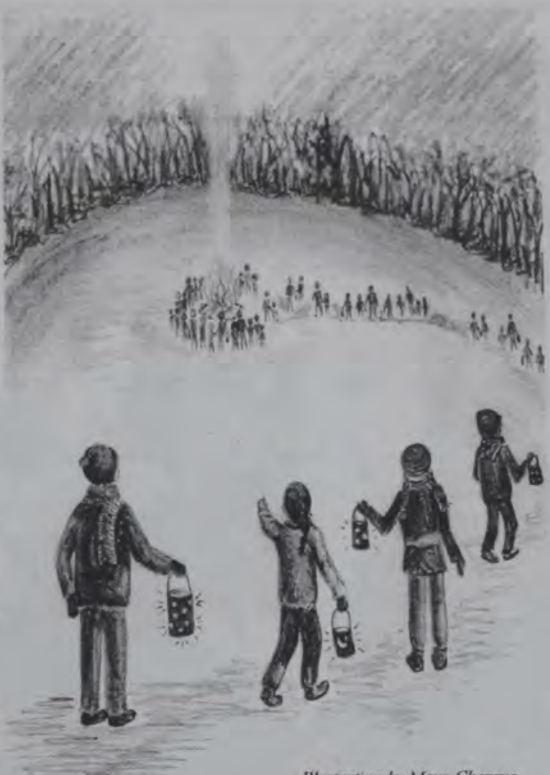

Illustration by Maya Chensue

We arrived in here the last week of October, our daughter starting kindergarten just in time to prepare for the festival of Martinmas. We, of course, had never heard of Martinmas. But our daughter Lucy learned the story of St. Martin in class and brought it home to us. It is the story of the French Saint Martin, who, in his devotion to the poor, cold, and downtrodden, was known for his ability to bring warmth and light to those who were previously in darkness.

To celebrate Martinmas, the RSSAA kindergarten families gathered on a cold November night at the farm of Kammy Mizga, former Steiner parent and friend of the school. In the warmth of the barn, we shared songs, heard a story told expertly by kindergarten teacher Diane Black, and enjoyed a potluck supper of homemade soups and bread. We then performed the Lantern Walk, filing into the darkness, each child carrying a beautiful lantern made in class especially for this occasion.

Silently and with reverence, the teachers lit each child's lantern, and we walked into the darkness across gently rolling hills dotted with the vague forms of sheep, past the pond and past the swans which we knew only by their trumpeting. Though we had arrived at the farm in utter darkness, the long line of glittering lantern lights formed a pathway and guided our steps. We ended the walk gathered around a brightly burning bonfire, where we visited and the children wore themselves out playing until we reluctantly took them home to bed.

> *The walk toward the center of the spiral represents an inward journey that one takes alone. By turning around and placing one's light with those of the other children, one brightens the world for humankind. The teachers had urged us to refrain from explaining this to our children, so that the children could be allowed to draw meaning directly from the experience. I remember thinking that this was an odd but interesting idea. But as we witnessed our children walking toward the light in the darkness of that room, entering the moment with innocence and awe, we parents were overcome with emotion.*

The teachers had previously given parents a handout explaining this ritual. By walking with our lanterns into the darkness, we were symbolically kindling our own inner lights to make ready for the darkness of winter. In our celebration that evening, we gathered together to create warmth, drawing strength in community as we moved into the cold and quiet of the season.

As a southerner, I had not looked forward to spending a two hours outdoors on that cold November evening. Yet afterwards, I truly felt inside a kind of quiet joy I have never before felt at the onset of winter. This feeling was amplified as we moved into December and our daughter brought home Advent songs and rituals, which her teacher Sarah VanderMeulen suggested we might adopt as part of our evening routine. We did. We lit Advent candles and I resurrected my dusty piano playing skills to pick out some of the simple Advent tunes. It took some practice, but with the addition of chords, I surprised myself and my family by making some lovely music. We found joy in the season with homemade music, the ritual lighting of candles, and the creation of an Advent table, for which we each collected green boughs, smooth stones, shells (from the beaches of South Carolina), and other gifts made from nature.

I have since tried to figure out why these simple acts made such a difference in our family's experience of the holidays. I sang in our church choir in South Carolina and had always been moved by the music of the season, but finding spiritual strength during the Christmas holidays was only a sometimes-occurrence, especially given the commercial bombardment that afflicts us at this time of year. Prior to coming to the Rudolf Steiner School, we had already tried to create an alternative to this consumer-oriented holiday experience that so dominates our culture. We had replaced some of our Christmas shopping with gifts of livestock for people in developing countries through the non-profit organization Heifer Project International. And we had eliminated television from our household. But even though we had eliminated some negatives from our holiday experience, we had not replaced them with anything that especially nourished the soul. Now, by consciously attuning ourselves to the rhythm of the season, with each family member participating, lighting the candles (both outwardly and inwardly), we discovered what Mrs. VanderMeulen had suggested we might — a depth to the holiday heretofore unknown in our household.

The climax of the season came with the kindergarten event known as the Advent Garden. On a Sunday afternoon, we gathered in the darkened school gymnasium. The only sound was the melodious tinkling of a hammer dulcimer. We had been advised beforehand to enter quietly. The music, the darkness, and our own quiet anticipation combined to create a sense of wonder. Before us lay the spiral path of freshly cut green boughs leading to a large candle at the center. The spiral was decorated with crystals, lovely stones, and shells. Soon, we listened in hushed appreciation as Mrs. VanderMeulen told another of those amazing kindergarten stories, rich in archetypal meaning. Then, an angelic figure guided the children individually along the spiral path. Each child lit his or her own small candle from the flame of the large one in the center and then returned back out of the spiral, placing that lit candle among the branches along the way.

Again, we parents had already been given the intellectual explanation. The walk toward the center of the spiral represents an inward journey that one takes alone. By turning around and placing one's light with those of the other children, one brightens the world for humankind. The teachers had urged us to refrain from explaining this to our children, so that the children could be allowed to draw meaning directly from the experience. I remember thinking that this was an odd but interesting idea. But as we witnessed our children walking toward the light in the darkness of that room, entering the moment with innocence and awe, we parents were overcome with emotion. Tears were shed by fathers and mothers alike. Yet we would have been hard pressed to explain why we cried.

We often hear expressions of dismay over the loss of ritual in our culture, yet I suspect that few of us really appreciate what this means. Now, I know. Thanks to the kindergarten celebrations we shared at RSSAA, I felt the joy and inner strength that comes from recovering this experience of ritual. Back in the early days, when RSSAA was a new school, parents attended all of the festival celebrations. Now, after 20 years of continued growth, the school is so full that space is an issue and parents are not always invited once their children are beyond kindergarten. Yet I will always be grateful for those kindergarten festivals and the experience of the sacred in our school community. I am thankful for a school which cultivates not only my children's brains, but also their hearts and souls. As one teacher put it, "Aligning ourselves with the seasonal rhythms brings a deep sense of order to our lives and gives us a new reverence for the world in which we live." In this fast-paced culture and the climate of fear and insecurity in which we live, this is a gift beyond measure.

Religion, Culture, and Waldorf School Festivals

While many of the Waldorf School festivals have their origins in the Christian calendar, there are Christians, Jews, Buddhists, Hindus, Sikhs, and Muslims represented among the student body, faculty, and board at the Rudolf Steiner School, in addition to families who do not subscribe to any formal religion. Principles of all of the world's major religions are taught in the curriculum. However, the school is not connected with any church and does not teach any form of religious doctrine to the children. Families of diverse cultural backgrounds appreciate the attitudes of wonder, awe, reverence and gratitude that are fostered in the festival celebrations.

The Crazy Wisdom Interview with Betsy Adams on the Animal Human Energy Bond

Photography By Linda Lawson

(Betsy Adams is a lover, healer and rescuer of animals. She has had a deep and abiding life-long passion for the animal world. She communicates naturally and intuitively and telepathically with animals, and she's cared for, sheltered and loved hundreds upon hundreds of sentient beings from the animal realm. She leads classes and workshops on animals and spirit, animal health care, grieving and transition support for humans and their animal friends, and on the "Animal Human Energy Bond". She is also a writer and homeopath.

I've known Betsy as a customer at Crazy Wisdom, and appreciated her gentle spirit, for many years. I had heard that her house and the surrounding property, on the outskirts west of Ann Arbor, had been an animal refuge at one time, and that it was a magical place. Wanting to understand better what her life's work has been about, and hoping to be invited out to her animal Mecca, I asked Betsy if she would be willing to be interviewed. She consented, but wanted to do the interview in the Crazy Wisdom Community Room, because it was early March, and she thought it would be more pleasing to visit her property in the springtime. Alas, I am still hoping to get to visit her in her domain.

Betsy is a kind-hearted, sensitive and serious woman, with a twinkle in her eye and mischief in her heart. The transcript of the interview, of course, can't capture the beauty and evocativeness of her hand gestures as she talks, but it was very easy to imagine her animal world friends being fully captivated by her non-verbal communicativeness. Much of what she has to say is way far out there, on an ethereal and non-linear plane, and that is a part of what makes her interesting and worth reading.)

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Bill Zirinsky: Hi, Betsy, thank you for coming in to do this interview.

Betsy Adams: Thank you Bill.

BZ: I have known about your work with animals for many years, and you have been a customer at Crazy Wisdom for as long as I can remember. I wanted to interview you today because I think many of our readers would be interested in your work and your life long thoughts and intuitions about animals and their relationship to us and the earth, so thank you for coming.

Adams: Thank you, this is great, I really appreciate your asking me.

BZ: Tell me about your earliest recollections or memories of animals.

Adams: I was born in Port Huron, Michigan, and when I was a little girl, I couldn't have been over two or three, I was going down the front steps and there was this big yellow Tom who had one eye. He was the top cat of the neighborhood. He was tough and he liked me and I loved him. I was being told by everyone to stay away from him. They said that he was dirty and dangerous. He was my buddy and I just loved him, so he would come and seek me out. Later I remember we moved to Vassar, a little village in Michigan. We had a big field behind the house and the strays were living in the woodpile. There was this big cat named Snoopy that was my brother's black and white guy. We had a bond. He would come and get me about four to five o'clock in the morning. He'd walk up the blankets and come and push on my face and say, "Let's go hunting, let's go hunting." So I'd get out of bed and we would go out into the fields and Snoopy would say, "Catch me that grasshopper," and in his mind he'd point it out to me. I'd see it in my mind very clearly, and so would go over there, and there would be a flying grasshopper and I'd bring it back and give it to Snoopy. Then he'd say, "Go get the butterfly," and in those days I did not have awareness of what the butterfly might feel when given to a kitty for din din, so I'd go get him the butterfly. But, I only did this a couple of times; it was very painful for me after the first time watching him eat a butterfly. Then for a joke he would say, "Go get me the bird," and he would show me, way up in the top of the tree, an Oriole, a Robin, a Blue Jay…he would actually name them for me. I'd say to Snoopy, "I can't go up there!" And he'd laugh and say, "Oh, I know that, I'm just playing with you."

BZ: So, he would point with his eyes?

Adams: No, I would pick it up in my mind...Bill, it was like there was no separation between my being and his. We were always on the same wavelength, and I could just pick up what he needed and I could see pictures and hear him very clearly speaking to me. In fact I clearly remember him looking into my eyes as he spoke to me.

BZ: How old were you at this point?

Adams: About five to seven.

BZ: Did your parents recognize some particular bond between you and animals?

Adams: Yes, and they thought it very strange. They did all their best to break me of it.

BZ: They did, but they saw right away?

Adams: Yeah, my family was very brutal to animals except in certain cases. One brother would go out after my parents had, you could say gotten rid of - killed, my pets, - and he'd go out and get me another one. So David was a brother that way, although he was mean to animals in other ways. And Jimmy would collect the kittens and hide them to keep them safe - he loved animals in a manner similar to mine and could not understand my parents being so cruel and unfeeling.

BZ: Was Vassar a rural town?

Adams: Yes, it was, it was a village by Millington and Caro.

BZ: Was your dad a farmer?

Adams: No, my father actually worked as a teacher of biological sciences and physics. He also worked at Eaton Manufacturing, but what he really was, was an artist, or writer, who had taught himself physics because during the war in school they needed physics teachers, so he taught himself physics. My mother was an architect. They had both gone to University of Michigan. So they were both in the white collar areas of society, but dad would do anything to bring money for five kids. I was number three.

BZ: So when you say they were brutal to animals, you mean they were just kind of the way...

Adams: ...Farmers are. And, in the background of my mother was being the oldest child of tenant farmers. Her parents did not have a home of their own until about the time I was born, in 1942. And my father came from an alcoholic, seriously abused background. He actually ran away from home may times, at the age of 10 getting as far as Texas from Port Huron on his own.

BZ: Yes.

Adams: They couldn't grasp my connection with the animals, and I don't even think they believed it. It didn't even enter their minds. I'm sure I would walk up and say things like, "Mommy, Snoopy said..." and it was, "Yeah, Yeah..." but I don't think they got it. I guess I must have been alone in this until probably 1986, and I was born in '42. So I just did this kind of alone for years.

BZ: Did you continue past your early childhood into your grade school years and junior high and high school years to have a strong interest and bond with animals?

Adams: They were my saviors. They were able to help me have a feeling that it was OK to be on this planet because I did not really "get" humans. I had trouble relating to humans and I could see and especially feel the complexity and the hidden motives. I learned and picked all this stuff up and became very adept at using it, but it was not my true nature. I was innocent and vulnerable… People would tell me who they were and I would take it at face value, so I got a lot of leg pulling. People would pull my leg as I grew up because I believe what people say.

BZ: You were vulnerable in that sense.

Adams: Very, I have always been, but I can also feel when what they are saying isn't what they feel. And animals were always what they said and felt. There was never a contradiction in an animal.

BZ: Tell me an example from your junior high or high school years where you saw the distinctions between what people were saying and what they were feeling.

Adams: It happened a lot.

BZ: It was an often-present motif in your life.

Adams: Yes, and of course I feel I may have drawn it to me by my nature, people saw that they could take advantage of me, but believe me, I learned after awhile to develop a thing that you could call a mental body and scanning device. I would sense the real motive of the human and learned over time to be "one step ahead" in the deceptive sense. But with animals, I was just "me". One case that's really strong and hurt me a lot at the time happened in seventh grade. It was my first boyfriend, Gary, and you know how you are, get all red faced and you can't talk, and we really liked each other. Well I had a girl friend named Meg and she had a friend named Dixie. What Dixie and Meg did was they got me to tell everything that I felt about Gary and it was like they slid in there under me and worked him away from me through breaking those bonds. It was very cruelly done. And I trusted both of them! So one morning I woke up and Gary was with somebody else and he couldn't tell me how it happened but I could feel it. In one way this was all interesting because we literally had conversations about how I felt about him and how he really was and how I saw him to be and they all, including Gary ultimately, used that, and it was pretty brutal. Must have been some past life "payback..."

BZ: And meanwhile did you always have pets during those years?

Adams: I did, because it became so that I could not communicate with humans, and if I had an animal the humans could get more out of me. I know this may sound strange, but my family was very wild, just very dominating, extreme personalities and actual mental illness and violence was all around me. So the way to survive was to either totally withdraw or get into the fracas. I chose to withdraw and in order to keep me communicating at all often there had to be an animal or something to talk about because I had nothing to say.

BZ: Did you go to college?

Adams: Yes.**BZ:** Where did you go to college?

Adams: About five different ones because I'd keep stopping school to go travel all over the USA and overseas.

BZ: You were born in 1944 did you say?

Adams: 1942.

BZ: So you were coming of age in the mid 1960s. How did your connection to animals evolve in your twenties?

Adams: I became a biologist. The evolution was I had moved into the mental body in order to survive. I simply couldn't stand to feel. It was just too painful. Now, when I was alone and not with humans, I was not so "armored", but when with humans I made sure I protected my feelings. So because my family was very technologically and business oriented for the most part, I felt pressure to go into the sciences. And there was this: in order to feel accepted and even at all considered by them I chose sciences, even though it was not at all my own interest. And then, lo and behold, biology became very interesting to me.

I remember one day in a biology class. In biology it is required that we do a lot of vivisection. The animals are alive and we are dissecting, we are taking them apart and putting them together. It's rough on the animal's body mind and emotions. One day I was working on a little white rat that we had removed the adrenals from, and were in the process of removing the pituitary gland. I just could not do it. I went out into the hallway and I fainted. It was then I began to realize I can't continue this, I had to get into another kind of biology.

BZ: That strikes me as a wonderful story and not all together too personal, why would you not want that in the interview?

Adams: It bothers me that at the time I was going so against my own nature with regard to the nature of animals that there was a real self-rejection that set in.

BZ: So that story represents an extreme of your going against your own heart or your nature about animals. Here you were being trained to be a biologist and you were doing something that was abhorrent to you.

Adams: But, I was forcing myself through all this because I wanted to be accepted by my human family...

BZ: I actually think Betsy that that's a powerful story...

Adams: Well, finally what happened was I kept leaving school, and now I can see more and more I kept leaving because I couldn't take it. I would just go travel all over the country on my own, take a hundred dollars and go to Calgary, New York City, out west...that type of thing. I just did it. I did finally receive my master's degree after prodding from my biophysics professor, Hiroshi, who saw the value of my having such a degree. He was a very wonderful and supportive being who saw that my real interests were not the sciences but rather writing poetry and fiction and being with animals. He supported me for years in getting back on this track.

> I have found with the companion animals especially that they will set aside their own work karmically in order to serve the humans, because right now with the earth transition in the works, the humans are coming into a brand new evolutionary state… We are not the same species that we were. There is a greater awareness that is coming into this realm. Things are moving very rapidly and the animals are helping to serve that...

BZ: He is a teacher?

Adams: Yes. He's a biophysicist and truly a genius in this area.

BZ: And you worked with him?

Adams: Yes, for about 10 years, but I'm no biophysicist.

BZ: But you were kind of a research assistant?

Adams: Yes, I almost finished my PhD in evolutionary ecology and genetics while also working with him. And by then I had traveled to Sweden, and then to Japan for one year, as well as making another circuit of the USA. I had been writing books, publishing them. I even went to Boston University and studied with George Starbuck, the most admirable of critics I had ever met. I received my masters in creative writing under him. And after the Japan trip, I moved to "the ten acres", which was my grandma and grandpa's place on South State Street just outside Saline. You can see these wild ten acres still, right there where the big curve before Michigan Avenue. I moved in there and like a miracle all the animals started to come from all over, and I got back on track.

BZ: You moved there in 1986?

Adams: In 1979. 1986 was when I was shown the higher levels of this work with the animals. I would like to explain here something very precious in my life, Bill. Brenda Morgan is my Spiritual Teacher for six years now. Her teacher is Michael Silverman. Now, in 1986 my dear doggie Lady was dying. On the night she died, during the dream time, Michael came to help me with regard to my true work on this planet. He showed me in this brilliant light filled dream, what I call vision dream, how supported and loved I am in all my work, no matter what, just by being here. And in 1990 Brenda came to me in the vision dream of deep Love, peace and serenity. Now, it was in 1998 that I met Brenda in her physical state, and it was in 2000 that I met Michael in his physical state on this plane.

> Raccoon, skunk, deer, cat, rabbit, dog, bird, rat, mouse, ...it never mattered what bodymind format the animal was...I would take it in, or when necessary take the animal to one of the rescue groups. But most I helped from my own home, and in my own house. I lived in the house that had been there on the property and then there was the big barn. What I did was I literally shared the house with probably upwards of 80-100 small animals for quite awhile. There was a critical care room in the back where I had those who were really battling. My background in biology, my work at the kennels and with the veterinarians... these prepared me for most of the hands-on.

BZ: So, in 1979 you were about 37 years of age. Did you identify yourself during your twenties and early thirties as someone who was deeply interested in animals? Was that part of your self-identity or was it at that point sort of suppressed?

Adams: I was, I would say, suppressed, but I was always drawn back to them. Everything I did they kept showing up at one level or another. It was like, "Wake up, Betsy, Wake up!" I do want to mention one thing. I started college in 1961; I came to U of M in pre-Med. My mother died when she was 49 years old, in 1962. When I had been 18, in 1960, I was a senior in high school, and a train hit my car one night in a very interesting kind of accident. I basically walked away, but I should have been dead and I did die in the accident. Then again, in 1995, when I was 52, I hit a tree and I died.

BZ: In a car accident?**Adams:** In both cases these were life-altering events because I was not the same person after the accident.**BZ:** After the first accident or the second one?

Adams: Actually, after both. During the first accident, there as a "walk in" that kept me here in the body until I was 52 and my truck hit the tree. During the second accident the "walk in" left, and I am fully here now. I remember sort of sharing my bodymind with the "walk in" all those years trying to keep my body here on this planet. My tendency for as long as I can remember until working with Brenda and Michael has been to leave.

BZ: What does that mean when you say, "the walk in came" in 1960 and was there until 1995?

Adams: The way it is felt and understood by me, in my own bodymind, is that the "walk in" was another soul that shared my bodymind in order to keep me on the plane so that I would complete my work, a big part of which is now the Animal Human Energy Bond - and who knows where it's going to go? It was to keep me present, here, on this planet because ultimately I deeply love this planet, Bill. If there is one driving thing in me besides becoming fully One with God and Feeling this union, it's to help earth. Animals are earth, and one deep feeling of this planet for me.

BZ: You love this planet in comparison to other planets you have visited?

Adams: Ohhh.... you really want an answer to that?

BZ: Sure. (laughing)

Adams: Well, in this lifetime, my roots are with the intergalactic groups as represented in the Nibiruan, Siriun and Orion lines. I feel and have felt since I was a very young child that I am an intergalactic traveler of many millenia. I have referred to my familial relations in these realms as my Family of Light. Much of my work with the humans and the animals involves this aspect of my being. Many of the animals are intergalactic beings. Their work is a mutual contract between them and us to help us "wake up" to who we really are in many cases. It can be a lot of fun, Bill.

BZ: Fun for them?

Adams: Yes, and for us, too. I mean, the animals are suffering a lot in their bodyminds, even as we are. But their attachment to this realm is not the way a human's is. The human tends to believe and identify with their bodymind itself and all the creations and attachments it is generating here, while feeling separated from the Source, or God, or what can be referred to as That Which Lives Us All. Animals do not have an identity wrapped up in the bodymind, per se. I have discovered that if they have an "identity" at all it is "the work", the job they came to do which involves helping humans make more spiritually aware choices for the human's evolution on this planet, to clear up old karma, and hence to aid the animals themselves in their evolution - and ultimately the universe. To help the humans and the animals begin to Feel again, and become less confused about why we are all here is one of the works of the Animal Human Energy Bond - and again, I need to express my thanks to Brenda Morgan and Michael Silverman for their clarity in these areas.

BZ: Interesting.

Adams: It is, and it keeps changing and expanding.

BZ: Their identity keeps changing and expanding?

Adams: It is, even as ours does... right now the animals are going through a huge evolutionary change on this planet, with the planet, as she opens, transitions. They are changing because their work is ultimately to help planet earth transition as peacefully and self lovingly as possible and helping humans come to a self-awareness of the Love that humans already are.

BZ: So we are both the most self aware of beings on the planet but the least self aware in another sense?

Adams: I guess I would say the most self aware on this planet are those beings who no longer have "ego" or the delusional sense that we are "separate from Source", from God. Now, most humans and animals still feel this separation and believe and act as though it is true and real and make decisions based on these feelings of separation. And, in my own case, what has been happening in the working with animals and their humans is something like this: Before the human ever incarnates (again) into a bodymind on this plane, a sort of "contract" is made between those souls who will be human formats and those souls who will be animal formats which goes something like the following... The degree to which, and the manner in which, the human gets "off track", the animal agrees to help the human get "back on track". And of course it is not just animals and humans that this model relates to, but also human - human, animal - animal, tree- human... we have all agreed to try and learn about, become responsible for, our own creations here... By "off track" we can mean many things, but it will usually be some deviation from the soul's initial agreement of what it came to do and its actual manifestation of it here in the realm. Now, "back on track" is highly individual and unique to each being and is an agreement between the manifested being and the soul. I would say I feel that ultimately, "back on track" will refer to the return Home, to the Source, God, to That Which Lives Us. And in this process of Opening and waking up, it is not about being perfect but rather about feeling and manifesting the uniqueness that each of us is in this lifetime.

BZ: Yes.

Adams: As to how the animals help the humans get back on track, there is a term "downloading" that came into me one day. I realize this is also used in computer lingo, and perhaps my own meaning may be similar? I am not sure here. But, what I mean by the animals downloading their humans goes something like this... Feel what it is like to stand under an energetic waterfall, where all kinds of emotions, sounds, smells, touch, sights, thoughts, and so on are impacting you as these energies fall from the beings above and around you. Because we all share, you can say, each other's energy fields, we can process these energy fields that we share. We can absorb them, we can bounce them back, we can pass through them unaffected, and so

The Crazy Wisdom Interview with Betsy Adams

(continued)

on... Now what the animals seem to have chosen to do, is literally to "take on and mirror back" the energies of the humans - especially those energies associated with the suppressed emotions of their humans. How they do this is pretty direct. This model is very simple really. Say someone very dear to the human family dies, or transitions. The humans are deeply feeling grief, sadness, perhaps anger and rage, abandonment...emotions attendant to human family losses. Soon you will see the animals being lethargic, not wanting to eat, maybe "acting out" in much the same manner the youngest son is acting out, and so on. It is always very direct. It is not a complex model I am being shown by the animals.

BZ: Yes, that's interesting.

Adams: When I talk with the animals it can occur on different levels. (And I would like to stress here that I have worked with several communicators over the years - and have come to the conclusion that anyone can learn to communicate with animals, trees, the stars, humans, and so on. In fact at present in the Animal Human Energy bond both Marliesa Back and myself teach and do such communications as part of our work here.) In general, it has been my experience when communicating with our friends the animals, that it may not necessarily be the present "personality" or "persona" that I discover myself in communication with, but rather the higher self, or even the soul, of the animal. There will be infusions of the persona or personality into the reading, often to ensure that the being we are connecting with is in fact the one we need to be in connection with. But, in a sense, what you "see" is NOT what you get all the time! There is much more information that the animal longs to share with the humans in deepest love and devotion for us.

BZ: How does a specific animal you could think of show you who he or she really is?

Adams: I'll give you a case. I have two dear friends, Laura and Ed, and their kitty Leo had been ill for some time with this low-grade immune suppression kind of thing where the animals are kind of down, their hair falls out, wounds do not heal... I was asked by them to go in and talk with Leo because there was a feeling that Leo was getting ready to transition, which is really hard on the humans because the attachment is really deep. Humans really love their animals, and have been served so devotedly and lovingly by their animals, that transition, or the passing on of a pet becomes a very big part of the work we do in the Animal Human Energy Bond. So I went in and as always, first asked permission to have communication with Leo. This is respect for Leo on my part. And it is always the animal's choice whether or not they desire to communicate. I asked Leo, "Leo, what's up?"... and keep in mind that in his bodymind format on this plane Leo is showing us this really tired, droopy, depressed, unhealed wound situation... What he shows me in the communication is this huge being, massive, heavy, full of these surges of confidence and dedication, moving forth on the earth...literally heavily placing his paws/feet purposefully onto the ground, "I'm here. I'm here. I'm here. I'm here."... And also, what he shows me literally in a picture but also by feelings I receive from him in my own bodymind, is his completely depleting his own body's energies in order to help earth - I am shown, and I feel great pouring-out of golden fluid, blood, white light, and serum from his body onto the planet. So I said to Leo that he appeared to be approaching the point where he was giving up so much that his bodymind was fading away on this plane, the third dimension. And I began to say, "You know Leo, you don't have to...", and Leo cut right in and told me, "Don't you tell me my job, lady!". Now I have to honor this because this is a free will being. And this is definitely not a "persona" of this realm here. What we are seeing here, now, in the third dimension, is not all that Leo "Is", and is doing in his work with us.

> I realized I couldn't take care of so many animals, and interestingly they began to transition. I have had over 300 kitties and 25 doggies over a 24-year period, as well as having worked with a thousand wildlife.

BZ: And Leo is...?

Adams: Leo is a kitty.

BZ: About how old?

Adams: Maybe 13 or 14 years old. I am sorry I cannot remember, but I am pretty sure he was fairly along in kitty earth years.

BZ: And you communicate telepathically? Does Leo automatically communicate with you or does he sort of have to have "a veil lifted" to do it?

Adams: This seems to depend on the particular being. The same is true for humans and other beings. The first thing we need to do is get the OK to do the communication because it's their integrity and their free will. I am going to interject something here in case it doesn't come up, Bill, because it's critical to this working with animals and their free expression here. Often when I explain to humans that their animals are downloading them, and what this may include, the humans feel guilt. Often their first comment will be, "Oh my god, I'm making my animal sick!" But it is not that. What it is, is the animal and the human by free will - at the soul level there is that contract remember? - have signed on for learning and exploring this realm in this manner. The animal has signed on for this lifetime to help make the human happy no matter what happens to the animal bodymind. Their work, their devotion, their will is focused on helping humans wake up to what the human work is here. The animals definitely have their own personal karma and evolution, but especially in our companion animals this karma may include helping the humans as well as the tendency in the animal to place its own needs last.

> I remember looking out my front door and here come the kids up the driveway with a wounded kitten... here comes the young boy with the wounded bird... here comes the daughter of my oil delivery man with a two week old kitten who was almost drowned in the October floods one year...

BZ: So to come back as an animal isn't necessarily a lower form of existence on the planet. They can be here spiritually to serve the planet and humans.

Adams: That is apparently what they have come for, for the most part. And at higher levels all of them are aware - even a slaughterhouse animal, what and how they are serving. It is part of the animal's karma. And it has become, for me, critical that the humans become aware of how they are being served and to honor this. Not to go into guilt about it, but to become more self-aware and more dedicated to their own spiritual nature so the animals don't have to do this sort of service anymore. Look at the history of animals on this planet. Their body has been servant and slave for millennia so the human can evolve. We eat them. We use their parts. We now house them and play with them like children. They have their own evolution that we humans need to help and allow them to get on with. And like the animals, we humans need to learn and feel that we DESERVE to be happy, to not tie into the apparent suffering of this realm as all there is... to just get on with all our evolution spiritually. We all deserve to be truly happy here, lovingly serving each other, expressing this happiness here, now, in our bodyminds in every moment. Animals need to learn from humans that serving in such self-denying manners is no longer needed or appropriate. And thus a big part of the Animal Human Energy Bond work is to help the animals become free of the human "neediness" to have the animals serve the human all the time; and to help the animals become aware they need not serve humans in such manner. Another aspect here is of course our own human tendencies to "overserve" at our own expense - at the expense of just being what and who we really are.

BZ: To help them become free of the neediness?

Adams: Of the humans... you see, the human uses the animal and imagines, oh, if I don't have the animal's meat, or if I don't have the animal's clothes, if I don't have the animal's total love and support of me (and we all know and feel how an animal does not judge the human, but seems to always just love the human unconditionally) ... oh, what am I going to do? Well, there is a lot that we can do. As far as the food, clothing goes, our high tech is pointing that way, and as for the human emotional bonding with the animal, we all need to feel and to learn that all of us, no matter what, are LOVED ALREADY, NO MATTER WHAT. And that it is OK to receive this Love that pervades the universe. What we need to realize is our own movement towards Opening Spiritually to What Lives Us All. We don't need to be in relationship to animals in the manner that we have been. This is what we could call "the old way". All of this can, and is, changing. The more we self lovingly serve ourselves through allowing God to Live the bodymind first, automatically this helps the animals to get out from under such non-loving uses of them.

BZ: I see, so even though the animal is here at some level to serve us, that serving us is impeding its own evolution?

Adams: Yes, a wonderful insight, Bill! So, in one sense they seem to have all of this karma over here to work on for their own evolution... and of course part of this karma may be to work with us humans. I have found with the companion animals especially that they will set aside their own work karmatically in order to serve the humans, because right now with the earth transition in the works, the humans are coming into a brand new evolutionary state. You know about that, and many of us are feeling and experiencing that. We are not the same species that we were. There is a greater awareness that is coming into this realm. Things are moving very rapidly and the animals are helping to serve that...

BZ: OK, let's jump back for our "linear" readers who will enjoy coming back and forth. In 1979, you got these ten acres that were your grandparents' ten acres and then what happened after that? Animals were visiting you there?

Adams: It was amazing. You know I mentioned to you (and you can bring this in or not, Bill) there is the Nibiruan, the Siriun and the Orion lines that I carry in this lifetime. Throughout it all at the ten acres I was writing poetry and books. I was there working with the animals, and more animals just kept coming. I began to be aware that there were all these "messages" for me, it was not just, "Help me. Take care of me," on the animals' part... No, I would be writing something, and suddenly they would interject into the writing!

BZ: Who would interject?

Adams: The animals. And the Family of Light - as I mentioned previously my name for the particular groups working with me closely since childhood.

BZ: A bee or a butterfly?

Adams: Or cats or dogs, deer, owl, possum, Siriun family member, or Stars...It didn't matter...It was like I was inundated with an informational field that was animal, that was Earth, that was all sorts of beings who inhabit the Universe talking to me.

BZ: So when I went to see a movie with my children about a month ago about a little girl whose parents are scientists in Africa, who travel by van, and the little girl could talk to the animals, but not when anyone is around. (*The Wild Thornberry Movie)* It was sort of like that?

Adams: Yes, I really feel her, I feel her. And you know of the new children, the Indigos, the Violets, the Crystalline - and many who are working with James Twyman... they are all doing these sorts of things now. More and more of us are aware of the higher levels of communication that are available to us now, here. It's not like human-to-human verbal and linear is all there is. No. We can talk to the stones, the sun, we can talk to the trees, the water, the air. As the Native Americans and other so-called aboriginal families have been saying for thousands of years, Everything Is Alive. And the planet herself is longing to be communed with, to be felt. One of the biggest longings of the animals who are with us so closely is that they finally get the humans to realize all the information that is being shared by them with humans. We will get calls from families like, "this cat Milo has been meowing for the last 16 hours, what is going on?!" She just has something that she needs you to know, she would like to share with you. More and more of us are tuning into the fact that the animals are not just "there". They are highly relational, communicative beings.

BZ: I wish that our readers could catch you communicating with your hands because you actually use your hands very effectively to communicate. You communicated a little while ago Leo the cat's movements and just now you are communicating with your hands. So there is a whole aspect to the way you are communicating to me that isn't captured simply by your words, which is interesting.

Adams: Thank you Bill. I do use my hands a lot. They are organs of Feeling.

BZ: So, from 1979 to 1984 you told me that many animals began to appear at your house.

Adams: Yes, 22 kitties, 3 doggies, a lot of wildlife, and the research animals that I would take from the labs, often with the professor's approval that would come to me behind the scenes. The law is that an animal must be euthanized if it is not "used". These people, God Bless them, just couldn't kill them, so they would come to me and ask me to take the animals home.

BZ: And you would do it?

Adams: Oh yes. Little gifts would appear on my desk, little hamsters, or bunnies, rats or turtles, birds, fish....

BZ: Was this your livelihood at this point or was this just something you were doing?

Adams: No, in fact I can tell you it has never been my livelihood to take care of animals. I have worked usually two or three jobs in order to do it and have borrowed pretty heavily over the years for this work.

BZ: So, at a certain point you moved from the ten acres in Saline area to the Dexter area?

Adams: Yes. There were so many animals at the State Street house, which was very small indeed and had no plumbing - a pump and an outhouse...it became difficult to continue living there. Plus the State Street area was being heavily developed and traffic became fairly heavy. A couple kitties were killed on the road. My animals have always been inside/outside animals. There were many benefits to that as well as some difficulties. I found that in order to provide my friends the kind of environment they needed in order to express themselves more freely I needed a safer environment. I moved to a wilderness setting, which has fairly difficult access and long distance from a country road. I, too, needless to say, need such a retreat in order to do my work.

BZ: And you have been there since?

Adams: Yes.

BZ: In time, it stopped being quite the same refuge as a few years ago? You were unable to care for that many animals?

Adams: The brain injury and physical trauma I sustained in the 1995 impact with that dear tree... It's amazing, they said I had a miracle healing at the hospital and I wasn't to survive and I did. I have also gotten the use of my bodymind back.

BZ: That's great!

Adams: I realized I couldn't take care of so many animals, and interestingly they began to transition. I have had over 300 kitties and 25 doggies over a 24-year period, as well as having worked with, perhaps, a thousand wildlife. All of this was in my own home for the most part. At the time of the 1995 accident I had around 100 kitties and 5 doggies. At this time many people came forth to help me. I was hospitalized for 3 1/2 months and on disability for 2 1/2 years. It was during this time, too, that help came with Marliesa Back, Marcia Vincent and in 1998 with Brenda Morgan. All three helped me to realize the animals were leaving me as a way to help me into my new life, my new work on the planet. The physical caretaking was beyond me, and more and more information was becoming available from what we call the higher levels or planes. Available for human and animal evolution, the earth's and the universe's evolutions... We could say, All Our Opening to God, to What Lives Us All.**BZ:** I want to go there, but before we do, let's back up for a minute. Essentially from about 1979 to about 1998 or 99...

Adams: It was 1999 … then they began to start leaving... My animals were old, ...twenty year old kitties, and twenty-three year old doggies...

BZ: But for a long time, from 1979 until then you had a wildlife refuge.

Adams: Yes, I do have a wildlife refuge even today...

BZ: Did everyone who was interested in animals in the area know that this might be a place to bring a wounded bird or another kind of animal to? I am trying to fill in some holes for our readers who may not know anything about you.

Adams: I remember looking out my front door and here come the kids up the driveway with a wounded kitten... here comes the young boy with the wounded bird... here comes the daughter of my oil delivery man with a two week old kitten who was almost drowned in the October floods one year... Yes, you could say that in one way I became known, even at the county level, the city level...

BZ: Were there other people in this region or in the county doing the same thing you do? I don't mean doing the same things at the esoteric level, but I mean at the practical level of caring for animals?

Adams: Yes. There are the rescue groups; there are the Friends of Wildlife of Washtenaw County, the Humane Society, the Shelters, and the Ann Arbor Bird Rescue... most of these are now on line by the way. Now, one big difference is that when you go "public" with the care of animals there's the legal parameters that come into play. I was private. And I have many people to thank for helping me with their love, devotion and expertise in the animal areas: Doris Dixon, the Midwest Coordinator of the Fund for Animals; Linda Griebe DVM, owner of Ann Arbor Animal Hospital; Mark Jessup and his mother Esther Mathia, owners of Country Kennels; the township of Dexter, the county of Washtenaw...even the Humane Society of Huron Valley, who, when they saw what I was doing, said to me, "If you ever need help, call us. We'll be there." I had no desire to go public and still feel I would not go public with my animal caretaking. What I needed and felt the animals needed was that I learn to know, and feel who they are in their natural habitat. Live in Nature with them. Interact in Nature with them. Observe and learn what they have to teach us. Listen with my heart and my soul to their stories. They were a Gift to me from God. And for many years, until the 1995 accident, they were my sole reason for living.

BZ: I see, so you were doing it privately but people knew that this was a place in the area that animals would be welcome.

Adams: Yes, many animal rights people and veterinarians and research laboratory people called me privately, but never publicly. The work I did was what we can call, "the dead end kids" kind of work...

BZ: Can you talk to me about those years and some of those experiences of the years caring for the animals?

Adams: Yes, it was very, very hard work. And I fully realize and accept now that so much of what I did was a karmic "balancing" for much of my previous lives' relationship to many of the souls I aided in this life in the manner I did. There was, no question, an obsessive compulsion about the work I had that felt I must "save", "rescue" all the abused, wounded, dying, research, "end state" animals. Raccoon, skunk, deer, cat, rabbit, dog, bird, rat, mouse, ...it never mattered what bodymind format the animal was...I would take it in, or when necessary take the animal to one of the rescue groups. But most I helped from my own home, and in my own house. I lived in the house that had been there on the property and then there was the big barn. What I did was I literally shared the house with probably upwards of 80-100 small animals for quite awhile. There was a critical care room in the back where I had those who were really battling. My background in biology, my work at the kennels and with the veterinarians... these prepared me for most of the hands-on. I learned, with the help of mainly Linda Griebe who is an Ann Arbor Veterinarian and owner of Ann Arbor Animal Hospital, how to take care of the physical body. She allowed me to do this, helped me out whenever she could. I want to thank her for her dear friendship and love of the animals. And Mark Jessup and his mom Esther of Country Kennel taught me how to manage large numbers of animals during those years of working with them at the kennels and after. Again my loving thanks to them!**BZ:** Did you often have someone helping you if you were away at work?

Adams: Bill, I have to say here, no. Never. Not until the brain injury in 1995 when 12 people came and offered service to help my animals! I remember saying, "Oh, you want to help me?" And them saying, "Betsy we have wanted to help you for years but you wouldn't let us!" How many times I have heard that one! I had learned from my family to lie low because people would not accept me. You understand? An old, life negative ego pattern that I realize now is totally false... but at the time I laid low and assumed that people wouldn't accept me! This was not true. It was not true. It was a delusion. I just never gave people the chance and that has all changed now I am really really HAPPY to say!! Thank You God!! Until 1995 when I was restructured in the brain with that brain injury and other things had happened, I just did it myself and assumed I had to do it myself. It was a kind of craziness. At one time my brother David gave me money to survive for two years, and at another he actually had a used lovely trailer brought out to the property for me to live in. Thank you David! Eventually, though, the critters moved into the trailer with me. But now I live, truly and self lovingly and self caringly in my own small house that I had built for me in 1999. As for the actual animal care, I did all levels: acute, chronic, prevention, dying. The only part I do not do is surgical intervention. And then I learned to do Reiki along with the communications, and also Homeopathy.

BZ: Were you self-taught in Homeopathy?

Adams: At first, no. I started to study with the Devon School in England. I loved it; it came very naturally to me. But then I hit the tree. Thereafter for almost 2 years I couldn't study hard or write. So ultimately I had to teach myself, but also, there is something about the past lives and me being a homeopath. I'm telling you, Bill, it's like it falls into me. It just comes in and I get it. It's a gift. It's like doing detective work.

BZ: It's natural to you?

Adams: Totally. It was like a God given gift like my being able to communicate with the animals. It was just given to me. It came in all the time clearly, and also... this is going to make you laugh, the animals already "know" exactly which homeopathic or allopathic remedy or treatment they need. All we have to do is ask them! They are aware of what is needed for the care of their bodymind. Some want veterinarian work, some want alternative therapies, some want allopathic treatments, some want nothing done at all in terms of treatments. We humans just need to ask them. They are very happy to share!

BZ: How do you understand these two great gifts? The gift of communicating with animals and the gift of naturally being good as a detective which was required for being a Homeopath?

Adams: I feel it likely that the abilities such as these, as is true for each of us, is by Grace of God... we are born with the perhaps "latent" ability that comes to fruition at certain times in our lives... when it is the right time and place. For my own life, I feel deeply that my last six years of working intensively with Brenda and Michael has made a tremendous impact on my abilities in these areas. They have changed exponentially. Expanded in ways I never would have dreamed possible. I guess I can say that as I surrender more and more into What Lives Me, ...Happiness and its Expression here in my unique bodymind print becomes more and more manifest spontaneously.

BZ: So, the manner in which you communicate with the animals has changed as you have, how would you say it...?

Adams: "Opened"... Yes, Opened to Feeling God within my bodymind... yes, it has changed. In the early days, in the beginnings as I described with my cat Snoopy, mainly there were pictures and I heard words. And almost everything appeared in a linear fashion - simple, Step by Step... but now, there is a simultaneity ...all my senses can "feel" at once what is being conveyed by the animal. And, I am finding, that as I release my ego and allow myself to surrender up preconceptions I may have about anything at all... there is no separation at all between me and the animal, me and the human, me and this world.It is a very soft, joyful, serene, happy feeling, Bill. Very energizing.

BZ: Do you communicate with insects as well?

Adams: Yes. They are lovely and very expressive. They experience this beautiful planet in ways quite different from our own. But, we can "share this experience through Feeling it..." do you see what I mean here?

BZ: Are there some animals that are by nature less interested in communicating?

Adams: Yes, there are those that don't share the "frequencies" or "wavelengths" in the exact manner that I do, our alignments are different. And there are some that would rather be sharing with someone else in the moment. There are some who do not "get it" in the sense of a language exchange, although so far I am able to have "impressions"

The Crazy Wisdom Interview with Betsy Adams

(continued)

from them that I then attempt to translate into human language - English in my case.

BZ: Can you give an example?

Adams: OK. Let's go back to Leo. Remember Leo said to me, "Don't tell me my job, lady." That was all he would share with me in language. But there was a feeling about Leo that was very shamanistic. I have a dear friend, Shara, who does shamanism and is working with what I would call Spiritual Shamanism as this energy evolves on the plane. Now, she had a remarkable, long, full communication with Leo. Turns out that she got a ton of information that I didn't even "tune into". And it all proved to be very helpful to the family and in Leo's choice to transition from the body.

BZ: But, are there certain animal species that are as a rule, less open to communicating in general?

Adams: In my own experience, no. It seems to be an individual thing. For instance, many deer will talk to me and to each other as they pass through my fields, and then there may be one that is not at all interested in sharing with me. Perhaps not related to humans in that manner, in that frequency band. Just like some humans are more "human humans" and others are more "animal humans" who prefer the woods, nature... and who knows what others may exist!?...

BZ: It's an individual thing. It is not like you could say as a rule that mosquitoes don't like to communicate much.

Adams: I think I may be seeing what you are getting at here... You are perhaps talking about the level of the evolutionary ability to communicate in certain ways. Maybe what can be referred to as the level of consciousness development in the species and individual members of the species.

BZ: Is that what I am asking about?

Adams: I think so. There is a mosquito consciousness that one can tune into. There is a "feeling" about mosquitoes, but perhaps the mosquitoes are not yet with what we call "individuated consciousness". And I would guess there are souls like this too. Maybe even for certain animals they are not individuated at the soul level, but share one big soul, maybe an "Over Soul" from which "strands" of manifested bodyminds stream. I don't know, Bill.

BZ: Are you saying that some animals can come down like a strand of a collective soul?

Adams: I would say, yes, why not? This realm is, again, as Brenda would say so beautifully, a realm of exploration.... of God exploring through the manifestations of ItSelf, bodymind aspects of ItSelf experiencing all this! And, over the years, as I've become more in the alignment of working with helping the animals get on with their own personal evolution, so to say, I run into the following kinds of conversations: I may ask, "Are you OK?" And they say "Sure". Then I ask them "Are you interested in maybe getting on with your own life, your own evolution?" And they do not get this at all. Several have simply said, "No, this is what I do" and show no interest in learning or exploring a sense of individuation or "ego identity" and its release as a human might. Now, others are interested, and some already have this individuation, and even the Enlightenment - the "No Mind Within". There are many stages of evolution on this planet, that now even the animals are choosing as souls to share in and explore. The other thing I come across a lot is the same soul incarnating within many different bodymind formats... usually they will be within the same species...say five or six different kitties sharing the one soul. But not always. Cross species sharing of many souls are not uncommon in my experience now. It's not like we used to think: one, one, one, one...

I don't look upon the heart of what I am doing as therapy…
It has been my experience over and over that if you do your "work" spiritually, the animal begins to heal spontaneously.
This will be your choice; this will be your animal's choice.

BZ: Tell me more about the animals.

Adams: I want to tell you a story just because it keeps popping in. I have a friend Lisa whose kitty Hobbs had leukemia. While Hobbs was quite ill, Lisa bought him and herself a fishtank with three fish in it. She placed it so that when Lisa and Hobbs were seated together on the couch they could watch the three fish swimming and playing about in their home. Lisa one night said to Hobbs, "These fish need names, Hobbs. What do you think we should call them?" And he said, very clearly and quite seriously, "Breakfast, Lunch and Dinner."

BZ: (laughing) It's a cat with a sense of humor!

Adams: Such a wonderful kitty! And Lisa called me and said, "Betsy, is that possible?" Because she heard it. And it's nothing she would make up is it? It came through so loud and clear. So people report all these different experiences. But this one stands out for me.

BZ: Are there certain animals that have better senses of humor than others? I am asking many layman's questions, and I am certainly a layman when it comes to what you are talking about.

Adams: One factor here that I feel impacts on this is the nature of the "reader"

BZ: The nature of the reader?

Adams: Oh, yes! Marliesa Back, who I think is a remarkable communicator and intuitive being, we have worked together in the Animal Human Energy Bond area for quite a few years now. We are both communicators. She gets the most hilarious replies back from the animals, whereas I tend to get the more serious replies... although that is loosening for me. Now, I feel there is something going on here with the sharing of certain energy fields and I bet as I open more and loosen my own tendencies to take life so seriously I will get a lot more funny sharings. I think that is one way I can address your question. I don't really know the answer. But I do feel that anyone can communicate - many is the time I have worked with people who feel they will never be able to share in these ways with their animals, nature, and the other realms... and lo and behold, the stories that come pouring in for these same people! No joke!

BZ: I guess that's true for all of us really. We all have some people that we think of as people who make us laugh more than other people make us laugh. So we bring something into it and the nature of the other being brings something into it.

Adams: There is this one doggie that wanted to get my attention. Apparently I was not paying enough attention - I was communicating with another member of the family, a kitty I think... So he put on this tap dance outfit and a little tutu skirt and came twirling across the picture so I would notice him. So of course I noticed him!

BZ: Now for a long time you were doing these classes and workshops on the Animal Human Energy Bond. What was the purpose of doing those?

Adams: Oh, one big purpose is, almost everyone who was telephoning or consulting with me wanted to know what is going on with the animals. The biggest issue was around "fixing" the animals, "making them better", "getting rid of the symptoms"...and so on. However, if they wanted to work with me there were certain things I had to explain about where I come from, how I feel and see the animals and their relationship to the human. It was important that the humans feel comfortable with what it is the animals are trying to do with their people to the best of all their abilities. This information I would provide often changed the viewpoint of the humans in regard to their animals, their own lives, and their relationship to their family and the world. I would by tendency keep saying the same thing over and over, and since so many people seemed to need and want to share this information I decided I would have workshops so I could share it with more people - and their animals, as animals are welcome at these workshops in most cases. This coming fall, too, there will be a CD and a DVD available on what the Animal Human Energy Bond is, how it is evolving, and so on.

BZ: Have you during the course of these years taken your telepathic abilities and used them with people?

Adams: Yes. It's the same really.

BZ: And do you allow yourself in a sense to be open in the same way?

Adams: Oh, yes. It is the same. The animals are in harmonic resonance with their humans, so often the same information is being shared.

BZ: That's interesting, you were talking about that before.

Adams: Yes, being in harmonic resonance means the sharing of the same energetic field.Sometimes for fun I like to say, even to myself, " It is possible to be aware of that with which you are in resonance - the other, you are not aware of." It does not mean its not there, those energetic frequencies and fields - it is just that I am not in harmonic resonance with them. Also a lot of it comes down to whether or not the human, who is sharing and manifesting these fields with their animals, is open to hearing about the human... I get somewhat more resistance with that...

BZ: So, we are back to the "downloading" that we discussed before.

Adams: And, it can be as straightforward as the human and the doggie sharing the same "disease state", say, and diabetes. Truly, (for diabetes you could substitute other problems, such as liver failure, cancer, colon problems, heart disease, depression, fear of storms, compulsive cleanliness)... there was a one-to-one correlation which kept occurring during my years in the clinics. Later, in my conversations with animals and their human companions, this correlation has become nearly 100%. And, sometimes, in order to help the human "overcome" certain emotional patterns that are life negative or difficult for the human to 'cope with", the animal will resort to what is called by us "pressing triggers" to get reactions from humans so the human sees what must be dealt with in their own lives.

BZ: So were you sometimes not just working with animals at your refuge, but invited to go to people's houses? Have you ever done that type of work with people's animals?

Adams: Yes, in one sense that's how it all started, the practice we are now carrying on in the community - the Animal Human Energy Bond. I went to people's houses and I would see (be shown) the animals carrying on or acting out, or I would be told by the family that the symptoms of the animals were so similar to someone else's (human) in the family.

BZ: Would you be asked to do some work with the animals at the homes?

Adams: Yes. Now, when a family calls me and the animal has symptoms, say cardiac valve disease or kidney failure, I explain to the family up front that I am not in the fix-it business. I don't fix symptoms, or make them go away, or suppress them. What I am happy to offer is to share with them what it is their animals are here helping them with. And then how to be in relationship with the animal and with the human(s) such that the animals do not have to continue downloading the human issues. Again, I want to stress here, that the animals do have their own karma, their own evolution here - all of this is addressed during a consultation. I look at the whole mental, emotional and physical uniqueness of the animal in its whole environment - which includes you, the human. I ask if they are comfortable with this approach? That you need to share with me what is going on in your own environment, and especially how you perceive, especially emotionally, your environment. Those who are not comfortable with this approach will choose not to work with me, which is fine and I will explain more on this in a moment. Those who are comfortable or are even just curious and wish to explore more options, find out what it's all about (which is the majority of my present clientele) - we will work together. There may be a series of consultations - many by telephone and email unless the human needs me to be present in the home. Also, I am doing more and more straight communications, where photos of the family are mailed to me along with the questions. So, more and more people are getting comfortable with it, but it took time for me to learn how to present it all in a relational and loving manner. I have certainly had my own growing and opening to do! Ultimately, and this refers also to the above reference to those who may not be comfortable with my approach: The animal is most comfortable when the human is most comfortable. It is deeply to the benefit of both animals and their humans that the humans find their comfort level with all of this. Then the animal can relax, as the human is more relaxed. It is OK, whatever the choice. It is a process. What matters is to honor your own self, lovingly and feelingly as you make the choices. It will always benefit your animals when you do so. As it will benefit you, the family, this planet and ultimately the universe.

> As for the actual animal care, I did all levels: acute, chronic, prevention, dying. The only part I do not do is surgical intervention. And then I learned to do Reiki along with the communications, and also Homeopathy.

BZ: Have you been doing a certain amount of animal psychotherapy?

Adams: I have heard this from several people and I say this is fine. But I don't look upon the heart of what I am doing as therapy... Where we are going with all of this is into the Surrendered State, we can say... with the surrender and releasing of all ego attachments to your animal, to yourself, being in "a certain way". It has been my experience over and over that if you do your "work" spiritually, the animal begins to heal spontaneously. This will be your choice; this will be your animal's choice. See, there is a whole freeing up of all this neediness, and ego attachment. Love, ItSelf can come into the relationship. And true relationship can then blossom. The animals want their relationship with humans to be used as a means of seeing and feeling that...

BZ: As a means of...?

Adams: Feeling and seeing that karma is in it, in this relationship with your animal. You don't need this sentient animal helping you by literally sacrificing its bodymind for you; for its own evolution so you get to "wake up". In many ways we are now able, through surrendering up our own "stuff", and especially by allowing our bodyminds to be in the presence of One who is without ego any longer and transmits tremendous Light into our bodyminds that then loosens ego holds on us... to do this without another "suffering" so much. These animals get all kinds of diseases and distresses, fevers, epilepsy, cancers, vaccine side effects, chronic bowel syndromes... you name it, they get it now. The animal will literally "take on" the human's imbalances with regard to the human's evolution - so the human can get on with the human evolution. Whatever it has to do to keep the human in the bodymind here to do the human's spiritual evolution and to get "back on track". It's total dedication. Total devotion. And, on the inner planes, in communications, these loving beings in animal bodymind formats are proud and happy to be doing this service for us, for this planet, for their own limited evolution. And even the wildlife are working with the humans and downloading their imbalances, so the planet can get on with her evolution.

BZ: Say that again...

Adams: I want to again lovingly recognize Brenda Morgan here, Bill. These insights, many of the insights I have had over the years, have come through her and Michael's help. I would like to recognize and thank them again for helping me to open to God, to What Is Living Us in this manner. Let's take the deer of Michigan as an example of how wildlife sacrifices its bodymind for us humans. As you may be aware, the deer of Michigan are carrying in great numbers the disease tuberculosis. Where did that come from? In all diseases there is the metaphor. And there are the varying levels of metaphor. Tuberculosis has to do with the lungs, with the breathing, with the ability to take in air and supply oxygen, prana, to the bodymind. With the Breath. With the Breath of God. With taking Life, Feeling, Love INTO the Divine vehicle, our bodymind. Tuberculosis, on some level, could be considered to be the inability of the female of our human species to Breathe In the Breath of Life, of Love for HerSelf, her beingness here, and her divine right to be here happily. The deer are literally "downloading" this shutdown state of our female humans in order that the human be able to continue her evolution, and not become incapacitated by this imbalanced state - mirroring back as tuberculosis. The deer are in the higher levels consciously, willingly, and with free will sacrificing their bodyminds in this way, the same way that the cow and the piggy go to the slaughter. Much of the work of the Animal Human Energy Bond has become more and more to help the animals become honored in their own right, and humans to self-lovingly take back their own karmic baggage, and Surrender it up. Release it so the Prior State, that of Happiness, can be experienced and expressed, now, in this present bodymind. We all deserve to be free of all this karma. It is a matter now of learning, and feeling, and experiencing how to release it. Surrender it. It is not about therapy, ultimately.

BZ: Betsy, you said something earlier about a series of classes...?

Adams: Yes, thank you for reminding me Bill. I am offering a series of workshops entitled "Spiritual Intention" in the hope of aiding humans and the animals in their spiritual evolution. The workshops have been advertised in *Crazy Wisdom Community Journal* and are being held under the sponsorship of the Gateways Center of Ann Arbor. The series consists of five parts, all of which address what we've been discussing so far: Part I addresses Acute and Crisis Care. Part II addresses Chronic and Longterm Care. Part III addresses Prevention. Part IV addresses Grief and Transition Support. Part V asks the question: What Is the Animal Human Energy Bond? These meetings are for animals as well as humans and are being held in Ann Arbor, Michigan during 2003; and will be offered again in 2004.

BZ: Do you look to animals around you for signs and foreshadowings?

Adams: You mean my own critters?

BZ: it could be your own, or it could be a bird flying near you or it could be some other animal in your neighborhood. Do you look to them for their signs, entrails, forebodings, and foreshadowings?

Adams: I will say this, Bill, that when I am on the phone with someone, a client or friend, there almost always appears in the window, or on the flower outside, or the fence lines and posts, or in the trees and bushes, or flying or running by, some animal that will be presenting a movement on the earth which comes "given" into me as an insight. Now, this insight will be for the person I am sharing with in the moment. And so far all of them have been very life positive - none have indicated life negative, or foreboding. There is always the feeling within these messages or insights that the animals have a message they want to "send to the humans" or to another animal that may be with the human. The message will be in regard to the state that the one receiving it is in "in that moment" and will have an energy of "upliftment" in it. Happy. Joyful. I also get many of my own such insights on walks, etc. on the property, in Nature, which is for me a profoundly sacred space.

BZ: These messages come though you?

Adams: I guess you could say that... I am just a messenger it feels like, perhaps at most an interpreter?

BZ: Are you a consciously active medium or are you simply a channel? Do you look at the animals who are at your window and here is a kind of Gestalt that forms, something in the foreground that tells you "Aha, Yes, that's the message!", or is it they are just there and you are channeling their message?

Adams: It seems it can be either/or Bill. And more and more the second I would guess, where I am not so engaged with the ego. See, ego is about being right, not about Being Love - so an ego interpretation has to become about being right. I certainly do have an ego. And wherever ego is involved it will be seeking to have its identity "forming around that". Now, to be able to be in a relaxed, open state - to just receive and share the message.... Aha, yes.

BZ: That reminds me that I wanted to go back to the issue of communicating with humans. It would seem like you would have particular abilities in communicating with nonverbal people.

Adams: Interesting. And yes, I love working with autistic, retarded, brain injured beings. There is a spontaneity, a "dis-inhibition" that is present, especially in the brain injured and the retarded. I have been through this state and I can remember how it feels to be dis-inhibited and "just there". In a lot of brain injured people, all the anger is up on the surface now. All the hostility and violence they have been feeling but has been suppressed is right up there. All the helplessness and fear and vulnerability... I like working with it. It doesn't scare me; they are just who they are right now. This is true too for all of us, but with the development of the mental body and the "suppressed states" we can develop emotionally and mentally... the consequences of this latter is entirely different to work with. But no matter what, I am happy to work with them. So then we can begin releasing the fear that underlies it all... We don't need to tie up our identities in this fear... Yeah, I like working with all kinds of beings, whoever want to come. Even the dark forces. Anybody. Anything. They are all Arisings of God. And ultimately All Is Love.

BZ: How did the beginning of your work with Brenda Morgan cause you to face and look at the work that you had been doing with animals and shift it?

Adams: That is a beautiful question Bill, because that is what happens in every aspect in my life. A nice way to say it is, wherever there is a "charge" around something - an internal surge of energy that may be an opinion, or fear, or cover-up, or any kind of feeling or thought that "needs it to be my way" - this means I have an investment, an ego investment. This very limited way of looking at and being in the world, in relationship, in my own bodymind, is preventing me from being happy here. It is preventing me from feeling What Is Already Living Everything. It is impacting on all my relationships and the outcome in what will be an un-Loving manner. So, what it all comes down to is: What is my Heart Felt Intention in this moment? Now, before Brenda Morgan, I essentially hated humans. Basically I believed very little was decent or good in them. I did not trust them at all. All of these same characteristics, obviously, were directed towards myself too. I was in what can be called a very "shutdown" state relative to being able to Receive and Give Love. I could not feel anything that wasn't related to my needs being met at a very survival based level. The only reason I trusted animals was because they had never lied to me. Could not lie to me. They could just be who and whatever they were with me. Brenda Morgan, in her egoless state, her state of No Mind Within, her state of Being Love and emanating this fully and constantly and consistently from her bodymind (she is not out of body, God is Living Her, within her bodymind) has changed me forever, Bill. Brenda Morgan is Real. Michael Silverman is Real. They do not, cannot have, hidden agendas, hidden motives anymore. The ego is gone from them. They are literally brimming over with Love and Happiness, and they are Happily Expressing all this via their vehicles, their bodyminds. They do not withdraw from the world. They are In the World, which for me is crucial. For me, to be working in the world, not out of body in a reclusive state, was something for which I had searched for years in my trips overseas, the books I read and studied, the monks and nuns I met, the temples and other religious houses I visited. I remember being in Nara, the oldest Buddhist city in Japan. We had gone to the oldest temple in Japan, and there the beautiful monk spoke with us about Miroku Kannon, the Japanese version of Kwan Yin. This statue became filled with Light for me Bill. She moved and my friend, when I asked him, "Do you see that? The Light! She is moving, she is filled with the Light!" I was very excited indeed! My friend, who was brought up both Christian and Buddhist but practices neither as is his way... said to me very kindly, "Yes, Betsy, some artists are able to put the Spirit In". All my life I had been looking for this. But, here, now, In the World - you see? My work as an animal caretaker, a writer, a homeopath, a "communicator", requires me to be actively in the world. And as I studied the temples and the ways of Japan, China, Tibet, India, - especially I studied and love Krishnamurti... I found only that I had to learn to be not in the world, but must withdraw from the world to be in such religions. I could not do it. I love nature too much. For me there was too much work to do in the world, many animals to "save" at that time. And by "withdraw from the world" I don't mean necessarily going onto the mountain top and meditating for many years - which is truly appropriate for those whose purpose it is to be here and experience in this way - it more has to do with the Love and honoring for the physical plane, the divine beauty that resides in our unique bodymind, and eventually our unique expression of it here, in this lifetime.... Brenda has said many times, "You can have your cake and eat it too", in reference to this state of being fully present in the bodymind on the planet, while

The Crazy Wisdom Interview with Betsy Adams

(continued)

being Lived fully By God within the bodymind. That it is OK to experience via the vehicle, our divine home for our soul, all the wonders of this planet, this realm - while still, in every moment Surrendering into the Source from which All of this arises! It is OK to Be Here. And to Be Here in my bodymind. Somehow this relaxes me enough, Bill, to come out from hiding. I can learn to feel again and I do not have to be so afraid and "numbed out" on this Planet, in this and from now on every lifetime I am going to choose to experience. As I said before, I sure do have an ego and it runs me much of the time. But now I am able to "catch it", to monitor it, to study it, and hopefully one day be free of it. All the while happily exploring this place. And then to help anyone else who wants to, animal, human or other, to be free of it and learn about it.

> Now, before Brenda Morgan, I essentially hated humans. Basically I believed very little was decent or good in them. I did not trust them at all. All of these same characteristics, obviously, were directed towards myself too…Brenda Morgan is Real. Michael Silverman is Real. They do not, cannot have, hidden agendas, hidden motives anymore. The ego is gone from them.

BZ: As we conclude over the next 10 or 12 minutes, what else do you want to convey about animals or what you have learned about animals and their relationship to humans and the planet?

Adams: I could say that one of the hugest changes that had occurred with me is the sense of optimism, joy, hope and happiness that I feel about everything. "One by One they will turn to the Light." Michael has said this. I can feel this to be true, that everything is OK. It has become more my work to really clean myself up and clean myself out so that I can be here to just manifest the Love in whatever I touch. It helps, but it is not like I am going to fix anything, it is not on the agenda. Because I feel this way, I can begin to relax and feel this way about everything, everybody. So when I start working with humans and their animals I am coming from that space, it's already OK. Whatever they are doing now, and whatever they are manifesting now, It's OK. They are making their own free will choices. I am making mine. In cases of obvious abuse, there is no question but that I will take the appropriate stand and make the appropriate gesture - but I cannot judge these beings anymore. I have learned there may be a ton of information I know nothing about that is impacting the situations of apparent abuse, neglect, evil, and so on, on this plane. Before I would not be like this at all, I was "Miss Fix-It" - always according to my idea of what needed fixing! No, that's leaving more and more, and as it leaves I recognize there is no need for trauma as a way to learn anymore. That can end. Trauma can be considered as resistance to receiving Love. It's the resistance to feeling Loved enough - to feel safe enough to slow down enough to Feel the Love, God, the Breath of Life which all of us share. Then everything feels OK because I am already Happy, ego is not there running my show based on fear, and old outmoded patterns of survival. So, we have to help each other, and the humans can do this and then help with the animals, some are already doing it.

BZ: And even though you don't have the large numbers of animals, do you still have some living with you?

Adams: Oh yeah... it was the animals that showed me to go the holistic route. I had had chronic fatigue for four years really bad in the early eighties. I went on a deep herbal cleanse and for eight years after that I was so healthy! Well, I thought since I am feeling so good, what about my friends the animals? I saw such a phenomenal difference in my population, which numbered around 70 kitties and 5 doggies, that I began to study the holistic approaches. And that is when I really began to come to Crazy Wisdom Bookstore, Bill. I came to find all kinds of books for all kinds of holistic care and nurturing and healing for the animals and for myself. It was literally a different population in terms of the emotional, mental state and they became physically asymptomatic. The kitties that I had at that time were all FIP, leukemia and feline aids kitties. They were supposed to be dead according to the veterinarians who often were the ones who called and asked whether I would like to come and "save another one"! Quite a few of these kitties lived to be in their late 'teens, and several into their twenties. They have been my teachers. It's fascinating to see this happen. One kitty, Miss Whippy, has lived to be 28 years old.

BZ: Do you have one or two animals that are still part of your life that are very close to you?

Adams: Yes, Ms. Whippy of course. Sunshine, and Angel Buzz, and Jewell (also known as Ah Mai and Babe), Dancer, Ah Noh Marvel the Light Surgeon, and Moon Boy. Many of these have been back over and over in new vehicles - Jewell is in her fifth lifetime with me, all in kitty bodies. I really believe that having the freedom to run, hunt and be in Nature is critical for the welfare and longevity of the creatures, but it has to be in what humans would refer to as "safe nature". And Nature Herself is changing —even on the property, more and more, animals are filled with the Light — the whole predator/prey cycle is changing here...

BZ: Well, thank you, Betsy, for your time, and for sharing so much about yourself and your perceptual framework.

Betsy: Thank you, too, Bill.

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The Life We

By Marliesa Back

Here I sit in front of the computer, thinking about what to write. I get a bit anxious and shift into "struggle mode". Within a few moments Buck and Lotus Blossom begin to play. They run around barking, tumbling over each other. In true "Lassie" tradition, I think they're trying to tell me something! I join in the silliness. I laugh, and they remind me about how much fun my work is. I relax, and suddenly the words begin to come.

Had I brushed off their assistance as a disturbance, I would be sitting here angry, still struggling. Instead, I've got the format, outline, and a good piece of the article completed in my first sitting. Here's to canine muses!

Buck & Lotus reminded me of lesson 1…our companion animals are mirrors and teachers for us. Their behaviors, moods and their physical health tell us a lot about our lessons in this lifetime. They show us opportunities to heal and grow. All we have to do is pay attention. Our companion animals love us without regard to physical appearance, wealth, or social skills. We develop very close relationships with them. Some people, especially those who carry deep wounds, are closer to their animals than they are to the humans in their life.

When your animal has a sudden change in behavior or health, when your animals suddenly begin fighting with each other, take a look at what's going on with the humans in the household. What issues are "in your faces" at home, at work, at school, in your relationships? There's usually a metaphor there. I know a dog that runs off and plays "catch me if you can" whenever his male human is denying his own inner message that it's time to set duty aside and run off for some fun. I talk with many cats that urinate outside their litter boxes. A friend of mine calls this an "out of potty experience". The cats often tell me that the humans are "pissed off", angry. Many times, when the humans embrace their anger, release it, and make happier choices, the cats end their excretory astral travel.

> We and our animals benefit immensely when we honor our wondrous energetic relationship.

Animals, like humans, come to Earth School with lessons to learn and jobs to do. Companion animals and humans connect in a mutually supportive learning relationship. Animals experience health and behavior issues like humans do. Processing the human's energy can bring on behavioral and physical issues for an animal. It's not exclusive to them, it goes both ways. And, it's a task they agree to when they incarnated. Humans who choose to live with companion animals have asked for this support.

On learning that an animal's health is affected by the human's issues, a common response is guilt. "My poor animal is suffering because of my messed up life!" Well, it's not all about us humans. Our animals have lessons to learn for their souls' evolution too. When we look outside ourselves beyond that guilt, we are in a better space to receive the guidance, act on it, and improve life for our animals and ourselves.

Naturally, a cat peeing on the rug may also be saying something else too, like "Open the door so I can get to my litter box!", or "This litter is too dirty", or "I've got urinary tract disease. Help!" Clearly, taking care of our animals' physical environment, health, and behavioral instruction is vital. But, it is also important to look beyond what meets the eye. We and our animals benefit immensely when we honor our wondrous energetic relationship.

Share with Our Animals is Amazing!

In the conscious brain-in-the-head realm, animals aren't reasoning out exactly how to tell us about our life lessons. Heck, most humans who light up our issues aren't doing it consciously either! But, animals seem to understand more than some humans believe. Lotus Blossom has a special look when she's thinking. I see it when she's trying to make friends with our cat Oongity Boongity. She gets that "wheels are turning" look, then tries something new each time. The latest effort was to drop her favorite toy at Oongity's feet, lay down and put her head on her front paws. Oongity's still got a 'tude, but Lotus keeps offering the olive branch when the time feels right. And, if I'm paying attention, I learn from them each and every day.

There's more to every sentient being than what it thinks in its brain. We are all living and working on levels beneath and beyond the conscious mind. There are aspects of us working with the earth, nature spirits, the plant kingdom, the celestials, the ET's, and other dimensions. For me, what's most interesting and important is how this all connects to our souls' evolution.

The first time I read that animals have group souls, I was horrified. It felt like just another way to make animals "less than" humans. Then I realized that the gift of a group soul is the feeling of connectedness with other beings. The feeling of separation from other beings and from Source is the human condition. Overcoming the illusion of separation is our ultimate lesson. Because they aren't feeling that separation, our animals can help us surrender to feeling One With All That Is.

People who are interested have the capacity to learn telepathic animal communication. My favorite part of my work is helping humans develop their intuitive and healing gifts. I know a wonderful border collie. Her human is a friend of mine, a very intuitive person. He travels a lot. A few years ago he told me he was concerned about her. He said that whenever he got home from a trip she was so excited to see him that her stomach rumbled. He said that it felt over the top, it felt fear based.

I asked him if he made it a habit to let her know in advance that he was leaving, where he was going, when he was coming back. He said "No." I said "If you were living with a woman, would you take off for a few days without telling her?" He said "No." I asked "Well, if you did, how do you think she would react when you came home?" He got it instantly.

He already knew how to establish a telepathic connection with humans. I told him he could use the same technique to connect with his dog, and send her messages about the trips. A few months later he was sharing this technique with others. He said that the first time he used the technique, his dog behaved quite differently when he returned. She greeted him joyfully, and didn't feel fearful about his absence.

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As I said, my friend is very intuitive, and this came to him very quickly. If you're just getting started, it's normal to feel overwhelmed. I sure felt that way when I first started! It helps to remember that your connection with your animal is already very strong. Our animals want to talk with us. They're already tuning in to us, but we send them an overwhelming amount of information, some of it conflicting. It can be difficult for the animal to get the message. Quite frankly, it's very similar to much of the verbal communication among humans!

To connect more deeply with your animal telepathically, take a few minutes to relax with your animal, preferably in a quiet space. Take some deep breaths and let your mind get quiet. Then, look at your animal and feel how much you love it. Say the animal's name 3 times to yourself.

Once you have established the connection, start talking. Keep messages simple, keep them clear. If you are able to, picture what you want to tell your animal. Feelings are very important too. Use a few well chosen words. Pictures, feelings and words together are great, but make sure they all convey the same message.

Focus on the affirmative. Saying to your dog "don't go on the sofa" is the same as saying "go on the sofa". "Keep off the sofa" with a picture of the dog sitting in an appropriate place near the sofa in the picture is ideal. And, "Keep off the sofa because it can get stained and covered with dog fur and the neighbor is allergic to dogs, and she's coming for tea tomorrow." is too complicated.

You can also connect with your animal from any geographical distance. Find a place where you can be alone. Get quiet, breathe deeply, let your thoughts go and just focus on your animal. Picture it, feel how much you love it, imagine yourself next to it, stroking its fur or scratching around its ears. Think its name three times, and the connection is there. You can let your animal know if you'll be coming home late, or if you're bringing unexpected guests.

When you're taking a trip, before the suitcases come out, take a few moments to tune in and talk to your animal. Picture the suitcases being packed. Picture you leaving the house with your suitcases, or picture the trip to the kennel. Picture the number of days until they will see you again. Animals don't connect so easily to the calendar or the clock. It's helpful to communicate the days of your trip by picturing it getting light and dark outside the animal's favorite window. For long trips, you can picture moon phases.

Picture your animal being fed, watered, walked, played with by the person who will be caring for it. Combine this with simple words, and feelings of safety and comfort. Picture yourself returning to the animal, feeling happy to be reunited. While you're gone, you can tune in remotely just to say hello, to send your love.

With major changes, like a trip, a new home, changing your shift at work, or a new animal, repeated communication is important. If there's a new baby on the way, you can keep your animal in the loop throughout the pregnancy. You can help your animal to bond with the new baby before the birth, just as the rest of the family does. Be sure to let your animal know about day to day matters - trips to the groomer or vet, parties, out of town company.

As you work with these techniques, your animals will give you outward signs that they understand. Watch for them. You may even be able to set them up by sending your animal a silent message about something they like – a treat, a ride in the car, a walk. See if they react, and then give them whatever you promised them. It will reinforce the communication.

Over time, it will become easier for you. You will feel the connection more quickly. It will be easier to form the messages. If you're open to it, you will even receive messages back! The best way to begin receiving information is to work on exploring and clearing your own energy field, and work on your own personal healing.

You can take the connection with your animal to a deeper level. My spiritual teacher taught me the importance of developing conscious agreements, or contracts, with companion animals. Using the techniques we've explored, create agreements when an animal comes into your life. Part of the contract will include day to day matters. As human, you will provide food, shelter, health care, companionship, exercise. Explain behavioral expectations to your animal. Give your animal a job. Also promise to honor the guidance, the messages your animal has for your growth and healing, and to offer guidance in kind to your animals. Acknowledge and honor your spiritual journey together.

Be sure to revisit these contracts when lifestyles and expectations change. This can occur when someone has joined or left your family. Perhaps your or your animal have health changes that affect activity levels and physical abilities. You may be moving ahead with your spiritual practice, taking it to a new level. Your animal will want to go there with you.

As I put finishing touches on this article, my "sleeping beauty" dog Wilmot suddenly awakens. She becomes uncharacteristically active and wants to play with me. Wilmot says "It is complete". I trust her. The life we share with our animals is amazing, filled with love. It is a sacred relationship. Make the most of it, and enjoy!

(Marliesa Back is an intuitive, an animal communicator and a Reiki Master.)

Thanks, and an Apology –

We want to thank professional photographer, Terry Abrams, for the use of his wonderful photograph of Chetana Catherine Florida and Gurudev Chitrabhanu, on the cover of the last issue of *The Crazy Wisdom Community Journal*. We regret not giving Terry the proper photo credit and acknowledgment. We also apologize for incorrectly attributing the photo of Chitrabhanu on page 18 to another photographer. Terry Abrams also took that photo. We very much appreciate the use of both of those excellent photos.

The Crazy Wisdom Calendar

> "From the very first time that I touched clay at the age of 8, I knew that clay would be a lifelong passion. 40 years later, I am still excited about the seemingly infinite potential of clay. Through teaching the ancient art of pottery making, I am able to nurture my students' inner artistic vision, which brings me great satisfaction. My pottery studio is a haven for students and emerging ceramic artists to learn and practice their growing skills."
>
> - Kay Yourist, Potter

Acupressure, Reflexology & Shiatsu

Ohashiatsu Beginning I with Frances Farmer sponsored by the Ohashi Institute • Sept. 12-14, Sept. 19-21; Friday 6-9 p.m., Saturday and Sunday 10 a.m.-5 p.m. • Beginning level of Ohashiatsu introduces the concepts of ki, yin/yang and the 12 meridians used in Chinese medicine. Students learn to perceive the flow of energy in the body and observe its manifestations in the meridians, physical movements and personal habits. Basic techniques are taught which can be practiced immediately with friends and family. $450 with early registration discount offered. Call 998-0004.

Introduction to Acupuncture and Oriental Medicine with Brodie Burris • Sept. 20, 3-5 p.m. • This class will introduce the basic principles of Acupuncture and Oriental medicine. This is an interactive discussion with time for questions. Donations accepted. Call 975-2745; burrisbrodie@aol.com.

The Japanese Healing Art of Shiatsu with Cynthia Conklin through People's Food Co-op • Nov. 11, 7-8:30 p.m. at Crazy Wisdom's Community Room • Find out how shiatsu can improve your vitality and stamina, and treat the symptoms of common disorders. Learn to give a simple shiatsu treatment. Receive information on how shiatsu can help with common ailments such as jetlag, insomnia, stomachache and stiff shoulders. Free. Call 994-4589; info@peoplesfood.coop.

Shiatsu at the Ann Arbor Institute of Massage Therapy with Jane Anderson • Nov. 7-9, 8:30 a.m.-5 p.m. each day • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. In class, the student will learn basic oriental philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work. $350. 2.1 CEU's. Call 677-4430 ext. 21 or fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Reflexology at the Ann Arbor Institute of Massage Therapy with Prema Smith • Nov. 22-23, 8:30 a.m.-5 p.m. each day • Reflexology is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. The history of Reflexology, dating from 3000 BC to current international research, and its clinical significance will be explored. The basis for treatment evolves from the harmful effects of stress on the body's systems. $250. 1.4 CEU's. Call 677-4430 ext. 21 or fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Shiatsu Massage with Edward Jackson through Ann Arbor YMCA • Nov. 23, 3-5:45 p.m. • An introduction to the practice of healing massage for home use by couples. Participants will learn how to enhance positive touch with one another. $40 per couple or $28 for member couples. Call 663-0536; shoto36@yahoo.com.

Animals & Spirit

Introduction to Animal Communication with Marliesa Back • Sept. 6, 10 a.m.-5 p.m. • This class covers the basics of interspecies telepathic communication. Learn techniques to send clearer messages to your animals and begin receiving messages back by working with a pendulum and with muscle testing. $80 with early registration discount offered. Call 428-1451.

Animal Communication Seminar with Marliesa Back • Nov. 15-16, 10 a.m.-5 p.m. • We use guided meditation to learn simple, safe techniques and principles for telepathic communication with animals and humans, along with some basic "psychic hygiene". We will also practice communicating with animals that are present, absent and transitioned and share experiences with the group. Some exposure to animal communication or other intuitive work is recommended prior to taking this class. Beginning Intuitive Development or equivalent is required. $150 with early registration discount offered. Call 428-1451.

Energy Healing with Animals with Ray O. Golden through Center for Intuitive Health • Sept. 28, 9-6 p.m. and Sept. 29, 7-9:30 p.m.; Oct. 26, 9-6 p.m. and Oct. 27, 7-9:30 p.m.; or Dec. 13, 9-6 p.m. and Dec. 15, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend class. For cost, call 663-9724; intuitivehealth@aol.com.

Aromatherapy

Beauty and Well-Being, Ancient Yet Evolved with "Angalh" Ann Louise Halbisen • This workshop will include the ancient yet practical theory of aromatherapy, hydrotherapy, touch and sound techniques that benefit personal and practitioner level application, regarding beauty and well being. We live and work ordinary lives day in and day out, yet you are an extraordinary spirit. Each one of us can radiate our gorgeousness. Take a journey to a world of well-being and beauty. Come experience the wisdom of the ancients now evolved. For dates, times and cost, call 657-5008.

Art & Craft

Open and Guided Art with Shaqe Kalaj • Ongoing Mondays throughout the year • This class is open, meaning that each student has their own focus in medium and style. You will receive individualized attention that is focused and explorative in finding your own artistic voice. No experience necessary, just willingness to play and be surprised at what a serious artist you can be. $102 for six weeks without art supplies. For times, call 734-421-3179; imshacha@provide.net.

Art in the Barn: Women Works - Selections from the Marianne Letasi Collection at Visitation • Sept. 14, 4-6 p.m. • The program opens with an exhibition by photographer/collector Marianne Letasi. This exhibition will focus on work from her extensive collection. Good will offering. Call 734-242-5520; visitation@ihmsisters.org.

Pottery Making On or Off the Wheel with Kay Yourist of Yourist Pottery Studio • Five different classes begin Sept. 17, 18, 20 and 22 • Pottery making classes for beginning and advanced students both on and off the wheel, meeting once weekly. Class semester is seven weeks. $155. For complete information, call 662-4914; kay@youristpottery.com.

Artist's Way

12-Week Artist's Way Group with Helen Slomovits through Community Rec & Ed • Mondays, Sept. 22-Dec. 15; 7-9 p.m. • *The Artist's Way* by Julia Cameron is a practical and proactive course designed to unlock your creativity and help you begin to steer your life in the directions you'd truly love. Sharing the journey of creative recovery and discovery with others is powerful, supportive and fun - and often makes the difference between having good intentions (only!) and actually engaging in this exciting process of change and self-discovery. We will read, discuss and do the exercises together. $225. Call Helen at 665-0409 or 994-8840. Or call Community Rec & Ed at 994-2300.

The Artist's Way with Jill Blixt • 12 Monday evenings beginning Sept. 29 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity, authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. This workshop uses writing, painting, collage and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes dinner and art supplies. Call 665-4577; jillblixt@aol.com.

Astrology

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 7, Oct. 5, Nov. 2, Dec. 7; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. $3, with the first two meetings free. Call 320-2783; richard@richardjsmoot.com.

Saturn as Mother with Carole A. Ray sponsored by the Astrology Study Group of Washtenaw County • Sept. 13, 2-5 p.m. • An accepted approach to Saturn in Europe, unusual in America. This workshop is based on the planet Saturn in the chart representing your mother in life. Explore why, how it works and mothers (famous and not), your mother, and how your children might see you as a mother or their mother from their charts. Booklet complete with worksheet, charts, a sheet on each planetary combination and keyword charts to help you. $20. Call Rod Smith at 434-0768; rodsmith59@earthlink.net.

Building Blocks of Astrology with Richard Smoot and Bon Rose Fine sponsored by the Lighthouse Center • Eight Thursdays beginning Sept. 4, 7:30-9:30 p.m. • This course is designed for those who want to start off on the right foot in learning astrology. Ideal for first time students, this class will provide a strong introduction to astrology, exploring and applying basic ideas and principles. Class focus is on comprehending and recognizing keywords for all the planets, signs and houses. $150 or $125 for members. Call Prachi Patricia Theil at 734-449-4381; theilp17@yahoo.com.

Sorting Psyche's Seeds with Priscilla Costello sponsored by the Astrology Study Group of Washtenaw County • Oct. 19, 10 a.m.-5 p.m. • Putting all the information together (planets in signs and houses, aspects, planetary emphases, etc.) to penetrate to the major themes and issues suggested by the horoscope is an important preliminary stage to successful synthesis. We will begin by exploring different approaches to chart analysis, some from literature by such luminaries as Alan Oken, Tracy Marks and Richard Idemon, and then go on to translate symbols to words, images and metaphors that express the meaning of the horoscope's elements. Finally, we will apply all the methods to a sample chart, and attempt to sort the secrets hidden in the symbols. $40. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Where's the Ink? Chart Patterns and Emphasis with Bon Rose Fine sponsored by the Astrology Study Group of Washtenaw County • Nov. 23, 3-5 p.m. • An often overlooked and neglected component of chart delineation for the serious astrologer, recognizing and understanding the chart patterns developed by Marc Edmund Jones, will be explained and demonstrated. These include the Bowl, Bundle, Bucket, Splash, Splay, See-Saw and Locomotive. In addition, quadrant and hemispheric emphasis will be covered. $10. Call Pattie Doroghazy at 313-382-8161; pattie18@juno.com.

Forecasts for 2004 with Raymond A. Merriman sponsored by the Astrology Study Group of Washtenaw County • Jan. 3, 7:30 p.m. • This annual lecture is presented by the internationally acclaimed astrologer in three to five cities around the world every year since 1976. This year, he will provide one of the most unique, affordable and accurate glimpses into 2004. Very few annual presentations have so accurately described the political, psychological, economic and financial market conditions of the world, one year ahead of time, as frequently as Merriman's. Utilizing the studies of cycles and geocosmic factors, this speech contains special discussions on the US political and economiç arena, interest rates, stock markets, precious metals, weather and other information. Astrologers and non-astrologers will enjoy this speech. $25 at the door or $20 if purchased early. Call Bon Rose Fine at 434-4555 or Richard Smoot at 320-2783; bonrosefine@aol.com or smootfish@aol.com.

Bodywork and Body/Mind Therapies

Rolfing: An Inquiry into One's Body with Leland Austin • Sept. 10, 7:15-9 p.m. and Oct. 13, 6:30-8:30 p.m. • Though often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web, restoring balance, flexibility and grace. What is perhaps less known about Rolfing and less understood is that it can enable a person to engage in an inquiry or dialogue with one's body to develop awareness of and openings through emotional and energetic blocks held in the physical tension and armoring of the body, which can facilitate a person's psychological and/or spiritual development. A hands-on presentation and discussion for interested persons who desire an opportunity to experience Rolfing. Free. Call 327-1066 at least 24 hours before presentation begins.

> Everywhere I go, I find a poet has been
> there before me.
>
> - Sigmund Freud

Transformational Breathwork Introductory Workshop with Julie Wolcott and Marcia Bailey • Sept. 23 or Sept. 29, 7-9:30 p.m. • An introduction to transformation breathwork, Judith Kravitz' approach to connected breathing. Transformational breathwork is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have experienced other forms of breathwork. This workshop includes an opportunity to experience a group breathing session. $20 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Transformational Joy Breath Series with Julie Wolcott and Marcia Bailey • Oct. 13, Nov. 3 and Nov. 17, 7-9:30 p.m. • Three powerful breathwork sessions to increase your inner alignment through focus on the breath. In each class, you will learn breathing techniques for improving and increasing your energy level and sense of well-being, participate in a 45-minute group breathing session, learn how to correct restrictive breathing patterns, and learn how the transformational breath can help you live a healthier and more joyful life. Each of these sessions is unique and complete in itself. The first session will focus of breathing in more air and more joy. The second session will focus on relaxing the breath and letting in more love. The third session will focus on becoming more aware of body sensations through relaxing the throat and opening the upper chest to receive more air. $20 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Creative Integration: A School for the Healing Arts with Elizabeth Alberda and Vera Lucia Moura • Begins Sept. 10, 6-9 p.m. • A year-long program for women and men meeting twice a month to study basic theories of mind body medicine and North American and Andean shamanism. The classes will be both theoretical and experiential to develop skills in healing self and others. $60 per class. Call 663-5457; ealberda@comcast.net or vlmoura@umich.edu.

Ecstatic Ritual Body Postures: Experiencing Alternate Reality with Mary Light through Gaia Center for Healing Arts • Sept. 14 and Oct. 12 at Crazy Wisdom Community Room • Based on the work of founder Felicitas Goodman, *Where the Spirits Ride the Wind*, participants will be introduced to ritual body postures and their use in establishing ecstatic trance, healing, divination and spiritual journey via slides and discussion. A group experience of a trance experience in a ritual body posture will be offered to those who wish. $10. Call 304-225-2443; matagaia@yahoo.com.

Free Feldenkrais Method *Awareness Through Movement* Workshop with Katherine Rogers • Sept. 6, 10 a.m.-1 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything too painful or difficult. This class is appropriate for all ages and physical conditions. Free. Call 971-5285; rogers@wccnet.edu.

***Feldenkrais Awareness Through Movement* Class with Katherine Rogers • Mondays, 6:30-7:30 p.m.; Segment 1: Sept. 8, 15, 22, 29, Oct. 13, 20 or Segment 2: Nov. 10, 17, 24, Dec. 1, 8, 15 •** This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything too painful or difficult. This class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.edu.

Bodywork and Body/Mind Therapies (continued)

Polarity Therapy Level I with John Bodary, Karen Kerns, Renee Rutz, Sandra Papiez and Maureen Frisbie through Polarity Center • Sept. 15, 29, Oct. 13, 27, Nov. 10, 24, Dec. 8, Jan. 5; 6:30-10:30 p.m. • Learn basic Polarity systems, energy balancing techniques, energy exercises, energetic nutrition and therapeutic presence. All work is based on the work of Dr. Randolph Stone. Course is appropriate for any level of experience with bodywork. $80 per class includes one private session with instructor. Call 313-582-5034.

Polarity Principles with Linda Greene • Forming daytime and evening groups • Introduction to polarity principles in four classes: noticing and moving energy, the chakras and polarity, polarity yoga and polarity nutrition. Polarity is an integrated healing modality working with the energy circulation of the body and its relationship to our life experiences. It heals physical conditions, builds vitality, restores balance and brings clarity and focus to our lives. Appropriate for bodyworkers and others interested in this kind of work. $140 for the series includes a private polarity session, or $35 per individual class. Call 662-2029; lingreene@aol.com.

Healing, Chiropractic and Connecting with the Voice Within with Mark Perlmutter • Sept. 18, 7:30-9:30 at Crazy Wisdom Community Room • An interactive discussion and demonstration about healing from the inside out and connecting with that part of us that knows the answers to our questions in a real and practical way. $5. Call 761-5908.

The Secrets of the Stones with Ztaise A. Bradley through Back to Nature Bodywork • Sept. 26, Oct. 24, Nov. 21, Dec. 12; 7 p.m. • Discover the ancient healing powers of stones! Learn how LaStone Therapy can help you overcome physical ailments such as muscle tension and fatigue while deeply calming and grounding the spirit. Demonstration and lecture. Free. Call 255-0070.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Tuesdays, 8 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per hour. For dates, call 665-0849; agreminger@ameritech.net.

Trager Sampler with Eileen Dickinson • Sept. 9, Oct. 16, Nov. 10; 7-8:30 p.m. • Receive a sample of this delightful work. Introduce yourself to a new way of feeling and moving during this experiential demo of the Trager Approach. Learn self-care movements that promote effortless ease and freedom in the body and mind. $15. Call 717-4145; edickins@umich.edu.

Book Groups

Crazy Wisdom Reading Circle • Tuesday, Sept. 30; Tuesday, Oct. 28; Friday, Nov. 28; Tuesday, Dec. 30; 7-8:30 p.m. at Crazy Wisdom's Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. September's selection will be *Food as Medicine: How to Use Diet, Vitamins, Juices and Herbs for a Healthier, Happier and Longer Life* by Dharma Singh Khalsa. October's selection will be *War Is a Force that Gives Us Meaning* by Chris Hedges. November's selection will be *Power vs. Force: The Hidden Determinants of Human Behavior* by David R. Hawkins. December's selection will be *The Secret Life of Bees: A Novel* by Sue Monk Kidd. All are welcome. Just show up! Call 665-2757; crazywisdom@comcast.net.

Book Study: Experience the Sacred with Ruth McDonell through Visitation • Sept. 23, 6:30-8 p.m. • *Traveling Mercies* by Anne Lamott will be the book for our September group. This memoir sparkles with wry wit and compassion and covers Lamott's dark period of her life, and of her turn, to her own great surprise, to the community of Christian faith and love she found in a neighborhood church. Please read the book prior to discussion. $5 per session. Other book titles to be announced. Call 734-242-5520; visitation@ihmsisters.org.

Book Study: Experience the Sacred with Helen Oprysek through Visitation • Oct. 28, 6:30-8 p.m. • *Peace Like a River* by Leif Enger will be the book for our October group. Equal parts tragedy, romance, adventure yarn and meditation, *Peace Like a River* is an inspired story of family love, religious faith, and the lifelong work and trust required of both. Please read the book prior to discussion. $5 per session. Other book titles to be announced. Call 734-242-5520; visitation@ihmsisters.org.

Buddhist Teaching & Buddhist Meditation

Also see "Meditation" Section

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Eight Mondays, Sept. 8-Oct. 27; 7-8:30 • Becoming more aware of our thoughts, feelings, sensations through meditation opens the door to understanding the nature of our mind and how it creates our experience. This course is open to all. Free to Jewel Heart members. $80 for non-members. Contact www.jewelheart.org for additional classes and special events. Call 994-3387 ext. 2 or 5; programming@jewelheart.org.

"It is heartwarming to help people recognize their inherent goodness, to release habits which cause suffering and establish joyful habits of body, emotion and mind. With breath, movement and Tibetan Buddhist meditative yogas you can be enticed to move beyond relaxation. The senses awaken and energies expand, allowing for a more spacious, spontaneous and creative relationship with life. I love this dance."

- Cynthia Gormley, Psychotherapist and Buddhist Practitioner

Odyssey to Freedom: Part 1 - Key Elements of Daily Practice with Jewel Heart Instructors • Eight Wednesdays, Sept. 3-Oct. 22; 7-8:30 • This course will cover in detail fundamental aspects of daily practice, and will incorporate video-taped teachings from Gehlek Rimpoche, meditation and discussion. Free to Jewel Heart members. $80 for non-members. Call 994-3387 ext. 2 or 5; programming@jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Eight Mondays, Nov. 3-Dec. 22; 7-8:30 • Meditation is the basis of the spiritual path and the cornerstone for a focused daily life. This course will provide instruction in the basic elements of meditation - breathing, posture, stabilizing the mind, coping with distractions, as well as establishing a daily meditation practice. Free to Jewel Heart members. $80 for non-members. Call 994-3387 ext. 2 or 5; programming@jewelheart.org.

Discussions on Buddhism and Neuro-Science with Anthony King of Jewel Heart • Six Thursdays, Oct. 2-Nov. 6; 7-8:30 • Buddhism has ancient yet sophisticated cognitive theories as well as practical techniques for regulating negative emotions and accessing positive states, such as sadness, fear, anger, as well as relaxation, concentration and mindfulness. A course pack will be available. $50 for Jewel Heart members. $80 for non-members. Call 994-3387 ext. 2 or 5; programming@jewelheart.org.

White Tara: Goddess of Healing and Compassion with Gehlek Rimpoche of Jewel Heart sponsored by Renaissance Unity • Oct. 18 and 19, 10 a.m.-5 p.m. • This workshop will focus on the healing and compassionate activity of Tara. Tara is a mother goddess whose response to any heartfelt request for her help is quick and effective. This practice is especially active and effective during those difficult times when people experience intense emotions and when fear dominates our lives. For cost, call 994-3387 ext. 2 or 5; programming@jewelheart.org.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. and Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520; a2buddha@provide.net.

September 11 Service at Zen Buddhist Temple • Sept. 11, 7 p.m. • A special service for all those who have lost children, born or unborn, conducted by Rev. Haju Sunim. All welcome. Call 761-6520; a2buddha@provide.net.

Zen Meditation Retreat at Zen Buddhist Temple • Sept. 13, Oct. 25 and Nov. 22; 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $50 includes vegetarian meals. Call 761-6520; a2buddha@provide.net.

The Crazy Wisdom Calendar

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Sept. 18 and Oct. 30; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 for students. Call 761-6520; a2buddha@provide.net.

3-Day Meditation Retreat at Zen Buddhist Temple • Oct. 2 at 7 p.m. through Oct. 5 at 8 a.m. • Sitting and walking meditation, dharma talks and daily interviews in the Zen tradition with Rev. Haju Sunim. For meditators with experience. $180 includes accommodations and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Dec. 5, Friday at 7 p.m. through Dec. 6, Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodations and vegetarian meals. Call 761-6520; a2buddha@provide.net.

5-Day Meditation Retreat at Zen Buddhist Temple • Oct. 2 at 7 p.m. through Oct. 5 at 8 a.m. • Sitting and walking meditation, dharma talks and daily interviews in the Zen tradition with Rev. Haju Sunim. For meditators with experience. $300 includes accommodations and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Buddha's Enlightenment All-Night Sitting at Zen Buddhist Temple • Dec. 30 • Come and meditate to awaken to your true nature, an observance inspired by the experience of Shakyamuni Buddha, who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fresh or dried fruit, candles, nuts, incense or money. Everyone is welcome. Call 761-6520; a2buddha@provide.net.

Year End Service: Kindling Light of Wisdom Mind at Zen Buddhist Temple • Dec. 31, 7 p.m. • A beautiful candlelighting service beginning at 7 p.m. All are welcome to join us at the turning of the year to step back from worldly involvements and to focus on peace and wisdom for ourselves and for all humankind. There will also be a New Year's Day Service at 11:30 a.m. on Jan. 1, 2004. Call 761-6520; a2buddha@provide.net.

Love, Compassion, Equanimity and Joy: A Path to Happiness with Cynthia Gormley • Dec. 2, 7:30-9 p.m. • Equanimity, a sense of peaceful and stable balance, is the foundation of what are known in Tibetan Buddhism as the four immeasurables. These are love, compassion, equanimity and joy. Learn exercises to increase these states of being in your daily life. Free. Call 663-3842; a-tsal@flamingjewel.org.

An Evening Talk and Meditation with His Holiness Gayuna Cealo sponsored by Friends of Cealo • Nov. 14, 7 p.m. • Join His Holiness Gayuna Cealo for an evening talk and meditation. Cealo, a Burmese Buddhist monk, is known for his ability to activate the healing energy inherent in the human body, and has the unique ability to see how he can be of the greatest service to each individual who comes to him. In this public gathering, he will answer questions, speak on spirituality and meditate with us. $10. Call Andrew Rogers at 810-629-5400; rogmill@tir.com.

Ceremonies, Celebrations, Festivals & Rituals

Fall Equinox Celebration with Storm Kern, Linda Christopher and John Morris at Crazy Wisdom • Sept. 29, 7:30 p.m. • Come celebrate Fall Equinox at Crazy Wisdom Bookstore. Free. Call Carol Karr at 665-2757.

Celtic Wisdom Weekend: Preparing for Samhain with Author and Teacher Carl McColman at Crazy Wisdom • Oct. 17, 7:30-9:30 p.m.; Oct. 18, 1-5:30 p.m.; Oct. 19 starting at 11:30 a.m. • Oct. 17: Evening talk "Bobbing for Apples of the Goddess: Understanding the Pagan Roots of Halloween," $15. Oct. 18: Preparing for Samhain Workshop: Forging Your Psychic Link to the Otherworld, $40. Oct. 19: Private tarot readings with Carl McColman, $30 for 30 minutes. Call Carol Karr at 665-2757.

Samhain Celebration with Misti Anslin Delaney at Crazy Wisdom • Nov. 1, 7:30 p.m. • Come celebrate Samhain at Crazy Wisdom Bookstore. Free with a suggested $5 donation. Call Carol Karr at 665-2757.

Yule Celebration with Storm Kern, Linda Christopher and John Morris at Crazy Wisdom • Dec. 18, 7:30 p.m. • Come celebrate the wonderful holiday of Yule at Crazy Wisdom Bookstore. Free. Call Carol Karr at 665-2757.

New Moon Circle for "Newbies" with Elaine Ries through Interfaith Center for Spiritual Growth • Sept. 26, Oct. 24, Nov. 24, Dec. 23 at Crazy Wisdom Community Room • Each month, as close to the New Moon as possible, there will be a New Moon Circle/Ritual for people ages 10 and older who may not know much about Wicca, but would like to experience it in a very relaxed, safe, comfortable environment. Free. Contact ladybug802@yahoo.com.

Earth Celebrations with Staff of Visitation • Sept. 24 for Fall Equinox and Dec. 17 for Winter Solstice; 7 p.m. • The celebration of Earth's vitality, diversity and beauty is a sacred trust. Join us as we prayerfully celebrate festivals of God's creation. Free. Call 734-242-5520; visitation@ihmsisters.org.

Fall Equinox Ritual with The Druids of Shining Lakes Grove • Sept. 27, 2-5 p.m. • Join us as we welcome autumn and honor the Stag God and the Nature Spirits. Rain date: Sept. 28. Free. Call 998-1029; robh@cyberspace.org.

Samhain Rituals with The Druids of Shining Lakes Grove • Nov. 1, 2-4 p.m. and 6-9 p.m. at Botsford Recreational Preserve • Free. Call 998-1029; robh@cyberspace.org.

O Come, O Come, Emmanuel with Maribeth Howell through Visitation • Nov. 30, 2-5 p.m. • Advent is a holy season, a precious time, a time of great expectations, and special for each of us. You are invited to spend a time with us reflecting upon the wonders and the mysteries of our God. The presenter will explore sections of the scriptures and allow time for reflection and quiet prayer. These activities will give the participant the opportunity to be nourished deeply on the Word of Advent. Those who want to prepare spiritually for Christmas will find this offering a wonderful beginning. $30. Call 734-242-5520; visitation@ihmsisters.org.

Women's Full Moon Ritual with Ivy through Seven Generations Community Center • Sept. 10, Oct. 8, Nov. 9, Dec. 8; 7 p.m. • All women welcome to join community sisters in attuning with the moon and making magick for self, others and community. Bring a snack for after the ritual. $2 donation. Call 724-904-1168; paulasteele@comcast.net.

Dimensions in Light Festival sponsored by Lighthouse Center • Oct. 26, 11 a.m.-7 p.m. at Washtenaw Community College • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear cóning, aura photography, health products, free yoga and free lectures. Volunteers get in free. $5 admission. Call Nirmala at 734-663-2218.

Sunday Candlelight Healing and Meditation Ceremony with Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations, visualization and a healing circle. Reiki healing during meditation for all who wish it. No cost; love offering. Call Prachi at 734-449-4381.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 27, 7-8:30 p.m. • A special meditation to give thanks through group consciousness. Potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, 6-7:30 p.m. • A celebration meditation of Christ's birth. No cost; love offering. Call Prachi at 734-449-4381.

New Year's Eve Meditation with Lighthouse Center • Dec. 31, 11 p.m.-12:30 a.m. • Release the old year and bring in the new year in the highest vibration with chanting, mantra meditation and visualization with affirmations. Veggie potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

Channeling

A Channeled Evening with Jacob with Judy Crookes • Sept. 15 and Oct. 27; 7:30-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a Being of Light who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and conduct a guided meditation. $10. Call 913-4927; jacrookes@aol.com.

> He who would be friends with God must remain alone or make the whole world his friend.
>
> \- Mahatma Gandhi

Channeling Shamanic Messages with Penny Weaver • Sept. 27, 10-5 p.m. • This seminar will help the student enhance and deepen their relationship with their shamanic spirit connections. Students will practice methods of channeling and embodying the shamanic spirit essences. Many surprises along the way. Bring your lunch. For cost, call 248-374-1070; pennyweaver@aol.com.

Contacting and Channeling Your Spirit Guides with Penny Weaver • Oct. 18, 10-5 p.m. • This seminar will help the student enhance and deepen their relationship with their spirit connections. Students will practice methods of channeling and embodying the spirit essences. Many surprises along the way. Bring your lunch. For cost, call 248-374-1070; pennyweaver@aol.com.

Channeling (continued)

Wednesday Evenings with Aaron through Barbara Brodsky • Sept. 24, Nov. 5, Dec. 17; 7:30-10 p.m. • An open session with Aaron and Barbara. No pre-registration necessary. Aaron will talk, followed by a short social break, and then we will answer questions. Donations accepted. Call Deep Spring Center at 477-5848; info@deepspring.org.

Basic Channeling with Shala Kilmer • 8 weeks beginning Monday, Oct. 27; 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to 10. $335 plus $4 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

> Good judgement comes from experience.
> Experience comes from bad judgement.
>
> - Source unknown

Finding Your Soul Mate with Shala Kilmer • Nov. 15, 10-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to eight people. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Talking to Your Angels with Shala Kilmer • Dec. 13, 10 a.m.-3 p.m. • Angels will bring messages just for you through Shala Kilmer's channeling. Your deepest questions will be answered with love and wisdom. Plan on a joy-filled, enlightening experience. Limited to 10. $70. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Mataji Channeling and Individual Healing with Essence Point Board Members • Sept. 23, 7 p.m. • Essence Point present this two-part program beginning with a short energy channeling and a verbal channeling from Mataji as channeled by psychic, author and teacher John Friedlander. Ending with individual healing available from Essence Point board members. $10. Call 714-0478; mckay@concentric.net.

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • Sept. 30, 7-9 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. Will include short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 677-8889.

Circles of Prophecy: Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Oct. 6, Nov. 3, Dec. 1; 7-9 p.m. at Crazy Wisdom Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of transformation. Receive inspiration and healing energy, and group and individual messages. $15. Call 996-8799.

Childbirth

Prenatal/Postpartum Land-based and Aquatic Exercise Class through Saint Joseph Mercy Hospital • Tuesdays 6:45 p.m. at Ann Arbor location; Tuesdays 7:30 p.m. at Canton location; Mondays 7:15 at Saline location; Wednesdays 8 p.m. at Howell location • Drop-in exercise program for pregnant women or women who have recently delivered their babies who wish to begin a postpartum exercise program. $5. Call Debby at 712-5400 or 800-231-2211.

Holistic Childbirth Preparation with Patty Brennan of Center for the Childbearing Year • Tuesdays, Sept. 16-Oct. 21 or Nov. 11-Dec. 16; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Basics: An Introduction to Childbirth Education with Beth Barbeau of Center for the Childbearing Year • Three Saturdays: Sept. 13-27, 9:30 a.m.-12:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics include optimal nutrition for a healthy pregnancy; anatomy and physiology of pregnancy and birth; relief for common discomforts of pregnancy; conscious relaxation and breath awareness; body mechanics, stretches and essential exercises for the childbearing year; the experience of labor; complications of labor and birth; medical interventions in birth and the process of informed consent; medical protocols and tests for the newborn; mom's normal postpartum recovery and breastfeeding basics. $115 with early payment discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Aug. 14-17 or Dec. 4-7; Thursday-Saturday, 8:30 a.m.-5 p.m. and Sunday, 9:30 a.m.-3:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family and more. $540 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • 5 Mondays, Oct. 6-Nov. 3, 5:30-10 p.m. or Nov. 7-9, 9 a.m.-5:30 p.m. each day • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Informed Vaccine Choices with Patty Brennan of Center for Childbearing Year • Oct. 30, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. $10 per person, $15 per family, $22 for sourcepack. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Providing Support to Breastfeeding Mothers with Diane Barnes of Center for Childbearing Year • Oct. 25, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. $100. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Female Reproductive and Pelvic Anatomy with Amanda Smith of Center for Childbearing Year • 4 Fridays, Sept. 12-Oct. 3; Noon- 4 p.m. • This course offers an in-depth understanding of human anatomy in relation to pregnancy, birth and postpartum and is designed for a wide variety of professionals working with women during the childbearing year. Skeletal, muscular, organ and soft tissue structures of female pelvic anatomy will be identified. Students will learn to recognize superficial and palpable anatomical landmarks. Visual aids will include illustrations, slides, video, anatomical models and demonstrations. A special focus of the class will be understanding pelvic anatomy in relation to the anatomical mechanisms of birth. $200. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care: Baby's Out, Now What? with Beth Barbeau of Center for the Childbearing Year • Oct. 28 and Nov. 4, 7-9 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Rather than teaching the right way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $50 per couple. Call 424-0023; patty@center4cby.com or www.center4cby.com.

Dreams & Dreamwork

The Healing and Spiritual Power of Dreams with Rebecca Mullen • Occasional Mondays and Wednesdays, 7:30-9:30 p.m. at Crazy Wisdom Community Room • Each person's dream is discussed from the point of view of the collective as well as personal symbolisms. Each member can participate in every member's dream. By donation. Call 662-5925 to check dates.

Women's Dream Group • Ongoing Mondays, 7:30-9:30 p.m. • Explore and honor the dream imagery of your own and others' dream stories. $10-$20 sliding scale. Call 665-3033.

Druidry

Druids' Coffee Hour with The Druids of Shining Lakes Grove • Sept. 19, Oct. 24, Dec. 5; 7-9 p.m. • Join us at Cafe Espresso at Borders Arborland for coffee and discussion. Free. Call 998-1029; robh@cyberspace.org.

Drumming

Drummunity Circles at Crazy Wisdom's Community Room with Lori Fithian • Sept. 25, Nov. 5, Dec. 17; 7-9 p.m. • Join in the groove. All welcome. Drums provided or bring yours. Free. Call 734-426-7818; lfith@yahoo.com.

Women's One-Day Drumming Retreat with Lori Fithian • Sept. 20 all day • Join us for a day of rhythmic fun. Workshop for beginners from 10 a.m.-5 p.m. includes lunch. Drum circle and potluck from 5-11 p.m. Drums provided. Come find out why everyone loves drumming. You can't play just once! $40 for workshop. Evening potluck free. Bring a dish to pass. Call 734-426-7818; lfith@yahoo.com.

The Crazy Wisdom Calendar

Rhythm and Drummunity Class with Lori Fithian • Ongoing Mondays, 7-8:30 p.m. • Develop your hand drumming technique and rhythmical sensibility as you learn to play from your heart in ensemble. All levels welcome. Drums provided or bring your own. Open to all. $10 per class. Call 734-426-7818; lfith@yahoo.com.

Hand Drumming Workshop with Paul Militello of Rhythm Family Productions • Ongoing Mondays at 7:30 p.m. • A community-based class exploring the rhythms of Africa and the African Diaspora. Students will learn rhythmical exercises, hand drum techniques and how to play in an ensemble. Drop-ins welcome. $10 per class. Call 669-7582; rhythmfamily@earthlink.net.

Drumming with Gail Tola and Sally Gabany through Visitation • Oct. 10, Nov. 14, Dec. 12; 7-9 p.m. • In many cultures, drumming has been used for celebrations and ceremonies to create unity and harmony. We will experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Please bring your own drum if you have one. Some drums will be available for use. No experience necessary. All are welcome. $10-$20 sliding scale good will offering. Call 734-242-5520; visitation@ihmsisters.org.

Native American Frame Drum Building Workshop with Jorge Arenivar through Upland Hills Ecological Awareness Center • Oct. 25, 9 a.m.-5 p.m. • A daylong workshop for those who wish to experience the opportunity of tying their own personal drums which are beautiful and of high quality. By participating in the process, the builders will begin to develop a spiritual bond with their instrument and this will continue to grow as the drum is used. A sweat lodge will be held Saturday morning and drum builders are encouraged to attend. Camping available. $135-$170 depending on size of drum desired. Call Marco at 313-823-8536; uheac@earthlink.net.

West African Djembe and Dunun Class with Ryan Edwards of Like Water Drumworks • Every Thursday, 7 p.m. • Tradition, technique, patience, fun and funk! Join our rhythmic journey into a continent rich in magical community music. Classes open to all abilities, drums available, fun and ego-free! $10. Drop-ins welcome. Call 734-475-3158; likewaterdrumworks@hotmail.com.

Full Moon Drum Circle with Seven Generations Community Members • Sept. 13, Oct. 11, Nov. 8, Dec. 6; 8 p.m. • Join Seven Generations members, family and friends for an evening of rhythmic adventure around the fire. All drums welcome. Dancing, too. $2 donation for firewood. Call 734-904-1168; paulasteele@comcast.net.

Seven Generations Community Work Day • Sept. 13, Oct. 11, Nov. 8, Dec. 6; beginning at 10 a.m. • Community members, family and friends get together to do various improvement projects related to Seven Generations, Hickory House and the land they steward. Coffee and pastries at 9:30 a.m. Work begins around 10 a.m. with lunch around 12:30 p.m. Potluck dinner at 5 p.m. At 6:30 p.m., we'll have the community meeting, which will be done by 8 p.m., just in time to start the Full Moon Drumming. Drop in anytime and stay as long as you like. Free. Call 734-904-1168 or 734-827-0152; 7gencc@comcast.net.

U Theatre: Drummers of Taiwan with University Musical Society • Sept. 16 at Sunset • The 2003-2004 UMS season starts with a bang with a special outdoor presentation. Performance in the Nichols Arboretum east valley. $25. Call 764-2538; www.ums.org.

> My soul can find no staircase to heaven unless it
> be through earth's loveliness.
>
> - Michelangelo

U Theatre: Drummers of Taiwan with University Musical Society • Sept. 19-20, 8 p.m. at Power Center • A compelling, seamless work of rhythm and movement, *The Sound of Ocean* traces the cyclical journey of water from drop to stream, from river to ocean. An intense physical and emotional experience, the work is animated by theatrical tension and propelled by rhythms beat out on temple bells, gongs and drums. This rhythmically-based theatrical exploration of space, environment and sound includes daring feats of speed and precision alongside spare grace and clarity that illuminates U Theatre's creative process, which centers on relationships of the individual to the collective, and to the larger natural and spiritual environments. $14-$38. Call 764-2538; www.ums.org.

Master Drummer Doudou N'Diaye Rose and Les Rosettes with University Musical Society • Nov. 11, 8 p.m. at Michigan Theatre • Senegalese drummer Doudou N'Diaye Rose is a living legend, guardian of tradition and an untiring innovator. In 2000, nearly 3,500 people packed into Hill Auditorium to hear him and his drummers of West Africa in their Ann Arbor debut. For this concert, he is joind by the ensemble Les Rosettes, a group of female drummers comprised of 20 of his daughters and granddaughters. $20-$34. Call 764-2538; www.ums.org.

Earth Medicine

Medicine for the Earth: Personal and Environmental Transformation with Kate Durda and Stephanie Tighe of Spirit Weavers • Nov. 8, 9:30 a.m.-5 p.m. and Nov. 9, 9:30 a.m.-4:30 p.m. • Powerful two-day experiential workshop is based on the work of Sandy Ingerman in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental pollution by learning how to transmute negative beliefs, attitudes and the energy that comes forth from our emotions. The process continues with learning how to work in cooperation with our healing spirits and the spirits of the land as well as getting in touch with our own divine nature to create transmutation, culminating in healing ceremony on Sunday afternoon. $100-$120 sliding scale. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Earth Mysteries

Introduction to Healing Techniques Using Gems and Minerals with Susan Fancy • Oct. 24, 7-9 p.m. • Interested in the stones you see in the shops but don't know how to use them? This class is an introduction to the usage of gemstones and minerals, including the usage of pocket stones for daily support in a Westerner's busy lifestyle. $20. Call 665-0536.

Esoteric Anatomy & Energy Healing

Workshop for Men and Women in Spiritual Anatomy with Elizabeth Alberda through Creative Integration • Sept. 13, 9 a.m.-Noon • A monthly gathering of a circle to energize the individual in awakening to her/his spiritual autonomy. Bioenergetics and shamanic techniques will foster this bravery to be both human and divine. $75 each meeting. Call 663-5457; ealberda@comcast.net.

Workshop in Spiritual Anatomy for Women with Elizabeth Alberda and Linda Berry Sayer • Oct. 11, 10 a.m.-4 p.m. • In a series of four gatherings, we begin this workshop with an exploration of the medicine wheel in autumn through shamanic work releasing the old patterns that no longer support our spiritual anatomy. Dancing on the dais of the power of the west, and journeying to your new personal creation myth, you shall manifest your divine self into pure play, health and joy. $115 for October gathering, includes lunch. Call Elizabeth at 663-5457 or Linda at 677-1900; ealberda@comcast.net or ccmtofannarbor@ameritech.net.

Seven Rays of Life with Laurie Akerros • Nov. 22 and 23, 9 a.m.-5 p.m. • Esoteric teachings tell us that the seven rays are forces or qualities of energies that influence all life. In this class, we'll study the rays in depth. You'll discover your unique ray make-up that influences your physical body type, emotional, mental, soul and spirit nature. $175. Call 995-2719.

Esoteric Healing, Level One with Laurie Akerros • Oct. 24-26 or Nov. 14-16, 9-5:30 daily • All life is vibration at different frequencies and disturbance in the flow of energy results in compromised health: physically, emotionally, mentally and spiritually. This class will teach practitioners to sensitize their hands and awareness to learn to assess and treat the energy field in order to assist balancing and creating optimum conditions for wellness. Open to beginners as well as experienced practitioners. $295. Call 995-2719.

Energy Hygiene with Susan Fancy • Nov. 22, 9 a.m.-4 p.m. • Ever notice walking into a room that had a funky feeling even though the appearance was fine? Have you ever been bothered with a sense of imbalance in your body, even though physically you were okay? Learn techniques for keeping the "energy" of you and your personal spaces flowing and clear. $65. Call 665-0536.

Energize Your Soul with Linda Greene of Linda Greene Wellness and Polarity • Start your day with increased vitality, clarity and purpose. Join in a sampling of simple physical movement, guided visualizations and affirmations designed to balance your energy field, cleanse your aura and invoke and activate the divine aspects that make up your soul. Integrate these easily into a daily practice. Components are drawn from brain gym, polarity, transformational kinesiology and energetic anatomy. A small amount of theory will provide context. $10. For dates and times, call 662-2029; lingreene@aol.com.

Feng Shui

Feng Shui Basics with Lynn Meadows • Sept. 24 or Nov. 11, 7-9 p.m.; or Nov. 8, 10 a.m.-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Feng Shui (continued)

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Oct. 1, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • Nov. 8, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $50 with discounts offered. Call 734-433-9102; lynnmeadows@provide.net.

How to Succeed in Feng Shui without Really Trying with Wendy Warrick • Sept. 12, 7-8:15 p.m. • Feng Shui simplified! This is for those who want to dabble in Feng Shui and get results without having to read every book on the market. An easy, fun approach will be offered. $15. Call 913-9619.

Advanced Experiential Feng Shui with Wendy Warrick • Nov. 19, 7-8:15 p.m. • Join me as we delve into the deeper and more psychic aspects of Feng Shui including the impact of physical movement as a cure, when and why to break the general guidelines, and using human interaction and visualization to boost your environment's Feng Shui. $15. Call 913-9619.

Feng Shui Practitioner Certificate with Wendy Warrick • For complete description, see listing under Professional Enrichment.

Flower Essences

Bach Flower Remedies - An In Depth Study with Laurie Akerros • Sept. 13 • This one-day class will discuss the history of Dr. Edward Bach and the development of the 38 Bach Flower Remedies. We will study each remedy in depth as well as learn how to properly mix the remedies, prepare our own tinctures and screening methods to ascertain what remedies are useful for people. $95. For times, call 995-2719.

The Realm of Faerie and the Faerie Flowers with Bronwen Wildflower Gates • Nov. 1, 10 a.m.-4 p.m. • We are all magicians, creating our realities from will and our imagination. Now it is time to consciously harness our will and our imaginations to our love, and to reclaim the magic of our lives - and it is the realm of Faerie that hold the mastery of magic for us until we are ready to remember. This workshop is an opportunity to engage with Faerie and to work with the Faerie Flower Essences to support the claiming of your magic. $81. Call 734-424-2744; bronwild@aol.com.

> We cannot live only for ourselves. A thousand fibers connect us with our fellow men, and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.
>
> - Herman Melville

Fund-Raisers and Silent Auctions

Annual Great Green Yard Sale at Zen Buddhist Temple • Aug. 30-Sept. 1; Saturday 9-5 p.m., Sunday Noon-5 p.m., Monday 9-5 p.m. • This popular recycling sale offers furniture, household items, books and so on which are ideal for students furnishing rooms or apartments for the new school year. The furniture includes couches, chairs, desks, mattresses, chests of drawers, tables, desks and more. Many of the items are donated by local property management companies and have been repaired and cleaned by Temple members and friends for resale and re-use. No early arrivals, please. Call 761-6520; a2buddha@aol.com.

Annual Benefit Auction at Zen Buddhist Temple • Dec. 6 • You never know what wonderful things might turn up at the Temple auction. Gardening help, housekeeping, painting - or paintings, fine vases, triple chocolate chip cookies, rock climbing or kayaking lessons and personally guided tours of nearby attractions are just a few of the offerings from previous years. Our current plan is to send support to a school in Afghanistan. Call 761-6520; a2buddha@aol.com.

Gay & Lesbian

Book Signing and Talk with Joe Kort, author of *10 Smart Things Gay Men Can Do to Improve Their Lives* at Crazy Wisdom Bookstore • Sept. 13 at 4:30 p.m. • Our efforts to achieve happy, healthy and satisfying lives are often thwarted by clinging to self-defeating behavioral patterns. Try as we might, we keep making the same mistakes; our lives become frustrating and often we give up working towards change altogether. The only way to move beyond this point of stagnation is to isolate these behaviors and begin the process of consciously moving in the opposite direction. This book provides ten powerful and positive steps gay men can take to achieve a healthier, more rewarding life. Free. Call Carol Karr at 665-2757; information@crazywisdom.net.

Living Nonviolence with Lesbian, Gay, Bisexual and Transgender Issues Program through American Friends Service Committee • Oct. 17-19 • An intensive weekend retreat on living nonviolence, including a Towards Understanding Workshop on nonviolent dialogue techniques. $75-$250 sliding scale. For times, call 761-8283, ext. 3; mgibson-faith@afsc.org.

Healing

The Alive Heart with Kamil David Nash and Kathryn Kamilah Sweas through School of Conscious Healing • Sept. 6, 1-5 p.m. or Nov. 9, 2-6 p.m. at Crazy Wisdom's Community Room • Explore the heart as a doorway for all healing. Experience practical, mystical tools to open the heart's secrets with awareness and love. $25. Call 761-1828; info@oneloveheals.com.

The Unitive Model and Love-Centered Healing with Kamil David Nash and Kathryn Kamilah Sweas through School of Conscious Healing • Sept. 24-28 or Dec. 10-14, 8 a.m.-5:30 p.m. each day • Learn from the mystical science of the heart that illuminates refined intellect and enlivens DNA. Spiritual psychology, life force science and hands-on healing with awareness and love. $675. Call 761-1828; info@oneloveheals.com.

The Unitive Model and Love-Centered Healing with Kamil David Nash and Kathryn Kamilah Sweas through School of Conscious Healing • Oct. 17-19; Friday 6-9:30 p.m., Saturday and Sunday 8 a.m.-5 p.m. • See above description. $325. Call 761-1828; info@oneloveheals.com.

Self-Healing Techniques to Relieve Pain with Lucinda Kurtz • Oct. 15, 7:30-9:30 p.m. at Crazy Wisdom Community Room • Learn to create strategies for releasing physical and emotional pain. Begin to identify the source and nature of your pain and what triggers specific types of pain. We will explore ways to access your inner guidance and find relief. $30 or $25 with series of four classes. Call 665-9160; lucindakurtz@comcast.net.

Releasing the Weight You No Longer Need with Lucinda Kurtz • Oct. 29, 7:30-9:30 p.m. at Crazy Wisdom Community Room • End the binge and diet, eat and fast see-saw that destroys your peace of mind. Begin to identify what triggers your overeating and what need food fills for you in that moment of indulgence. Learn how to tap into your strong will and clear intention that assist you in creating a more balanced and healthy lifestyle. $30 or $25 with series of four classes. Call 665-9160; lucindakurtz@comcast.net.

Claiming Your Body for Yourself with Lucinda Kurtz • Nov. 12, 7:30-9:30 p.m. at Crazy Wisdom Community Room • How can you embrace your physical body with all its "seeming" imperfections and perceive your body from a spiritual perspective as a vehicle for your energy? You will explore ways to fully embrace your body and reconcile the illusory dichotomies of mind and emotion, body and spirit. $30 or $25 with series of four classes. Call 665-9160; lucindakurtz@comcast.net.

Remove Emotional and Physical Pain in Minutes with Energetic Re-Patterning with Darren Schmidt • Sept. 23 and Oct. 21, 7-9 p.m. at Crazy Wisdom Community Room • You will learn energetic re-patterning, a very powerful energy technique. By the end of the class, you will be able to remove pain out of someone else. This works best if you are in touch with your emotions and feelings. If you want to bring a friend or family member who has pain, they may enter the room at 8 p.m. $50. Call 302-7575; drschmidt@wholisticdoc.com.

Opening the Heart Space with Lorna Brown through Gateways Center for Life Enrichment • Oct. 18, 10 a.m.-5 p.m. • You are invited to participate in an experiential workshop of chanting, singing and sharing of universal energy, all of which assist us in moving from our heads to our hearts and experiencing the feeling of unconditional love. See why past participants have said, "It feels like I died and went to heaven!" $50. Call 734-428-8748; starlab6@aol.com.

The Accelerated Healer Development Program with Eve Wilson and Richard Marwood • Begins Oct. 21, 11 a.m.-2 p.m. • International Healer Practitioner Certification. Clear soul contracts and old traumas, assist people to live full and empowered lives. Kabbalah, aura reading and physical, emotional, mental and spiritual healing. $2,800 pay as you go or $2,650 in advance includes $700 worth of private healing sessions. Call 248-647-3241; www.spiritualhealers.com.

Herbs, Plants & the Garden

Herbal Wisdom Series: Distinguishing Between Nourishing and Medicinal Herbs with Linda Diane Feldt sponsored by People's Food Coop • Sept. 8, 7:30-9 p.m. at Crazy Wisdom's Community Room • Herbs may be used to address a problem or to tonify and strengthen. Come learn the difference between medicinal and nourishing herbs. This is a key component in understanding herbology and the Wise Woman tradition. Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

The Crazy Wisdom Calendar

VEIN GOLD
Walking World

Photo by Tammy Monroe

"My intention is the same in all areas of my life and work — to encourage a true balance of heart and mind, to make contact with the vibrant creativity at the core of each of us, and to gently and completely release anything that blocks access to our inner wisdom. This plays out for me in my family life, teaching 'Artist's Way' and creativity classes, connecting with nature, creating healing music — each arena is a challenge and an opportunity to release fear and open to the heart's wisdom."

- Helen Slomovits, Artist's Way facilitator, healing musician, and editor of "An Invitation From the Andes" by Don Alberto Taxo

Herbal Wisdom Series: The Myth of Fasting - Using Herbs for Nourishment, Not Punishment with Linda Diane Feldt sponsored by People's Food Coop • Oct. 13, 7:30-9 p.m. at Crazy Wisdom's Community Room • Deprivation is not your only choice when it comes to healing! There are many herbs that can help us on the path to health as part of a nourishing, balanced approach. Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Spiritual and Magical Uses of Herbs with Linda Diane Feldt sponsored by People's Food Coop • Dec. 8, 7:30-9 p.m. at Crazy Wisdom's Community Room • How can herbs enhance your spiritual life? How have they been used through the ages in magic and spiritual practices? Come join this lively and varied discussion of some common and uncommon uses of herbs. Free. Pre-registration required by calling Laura Meisler at 994-4589; pfc@izzy.net.

Evening Herb Study Group with Various Speakers through Matthaei Botanical Gardens • Sept. 1, Oct. 6, Nov. 3 • Sept. 1: Techniques to preserve herbs with Karen Kern of Kern Farms. Oct. 6: Herbal remedies for cold and flu season with Tracy Wallace. Nov. 3: Herbal craft and gift ideas. Each attendee brings a sample and idea of an herbal craft to show the group. Free. Call 998-7061; ledsbeaken@aol.com.

Herb and Tomato Combinations with Luanne Bullington through Friends of Matthaei Daytime Herb Study Group • Sept. 15 • Lunch at Noon. Lecture at 1 p.m. Monthly meeting at 2 p.m. Free. Call Joan Wysocki at 248-349-5310; jdwysocki@aol.com.

Mushroom Hunt at Proud Lake State Park with Michigan Mushroom Hunters Club • Sept. 20, 10 a.m. • Come join us for a hunt for wild, edible and delicious mushrooms. Both edible and poisonous varieties native to southeast Michigan will be identified. Free. Call Margie Guyot at 248-476-3251; mushroomwoman@peoplepc.com.

Hunt Mushrooms in Hell! with Michigan Mushroom Hunters Club • Sept. 28, 10 a.m. • Learn to identify wild, edible mushrooms! You will also learn the identifying characteristics of poisonous mushrooms. Check our website for map. Free. Call Peter Holmes at 734-483-0290; paholmes@comcast.net.

Wild Roots and Fall Foliage - Michigan's Medicinal Plants with Jim McDonald through Living Free and Upland Hills Ecological Awareness Center • Sept. 14, 11-6 p.m. • Herbalist Jim McDonald will lead participants through the woods and fields surrounding the Upland Hills Ecological Awareness Center to discover the herbal bounty of autumn. Burdock, solomon's seal, wild yam and yellow dock will be among the many plants discussed. A plethora of handouts covering individual plants, preparation and ethical wildcrafting are included. $30 or $25 in advance. Call 248-737-3589; multiflorum@hotmail.com.

Herbs to Stimulate Immunity and Restore Health with Jim McDonald through Living Free and Upland Hills Ecological Awareness Center • Nov. 9, Noon-5 p.m. • A holistic presentation of herbs traditionally used to improve immune function, revised and including information and concepts not included in prior incarnations of this class. In addition to discussing the proper uses of herbs such as yarrow, elder, echinacea, astragalus, burdock and osha, the roles of the hypothalamus, bone marrow and lymphatic system in the immune response are explained clearly and concisely. Special attention will be paid to distinguishing which herbs are appropriate in which specific circumstances. Over 30 pages of handouts provided. $30 or $25 in advance. Call 248-737-3589; multiflorum@hotmail.com.

If Trees Could Tell Their Story with Eva Schoell of Visitation • Oct. 11, 9:30 a.m.-3 p.m. • A time to encounter God in the gift of the creation of trees. Trees have messages for us that differ with the changing seasons. This day of reflection will give us the time to allow God to speak to us through the miracle of trees. $50 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

Certified Herb Specialist Course with Cindy Klement • Two sessions available: 7 Thursdays, Sept. 11-Oct. 23 or 7 Mondays, Nov. 3-Dec. 15; 7-8:30 p.m. • Do you want to feel confident about using herbs? Do you want to learn about human physiology and nutrition? Do you want to share the gift of good health with others in their current medical needs? If you haven't already taken this course, why wait to join the other 80 graduates so far? Upon completion of the course, you will be certified as an Herb Specialist, making a huge difference in your life and the lives of others. $49 includes 200 page manual, 20 hours of audio lectures featuring several holistic medical doctors, classroom instruction and handouts. Call 975-2444; cindyklement@mynsp.com.

The Magic and Mystery of Plants with Bronwen Wildflower Gates • Sept. 27, Oct. 11, 25, Nov. 8, 22; 10 a.m.-4 p.m. • Leaves, roots, stems, flowers, seeds and fruits - learn to be one with plants, to learn their names and their mysteries. They will tell you secrets you cannot learn by force. Class will include identification, observation, delving deeply into essence, art and play. $315 for the series or $81 per class. Call 734-424-2744; bronwild@aol.com.

Holistic Health

Learning Openheartedness: A Healing Technique for Heart Disease with Kirk Laman • Oct. 25, 10:30 a.m.-1 p.m. at Crazy Wisdom's Community Room • Heart disease is often accompanied with deep inner turmoil and sadness. Learn how to develop a more open heart for healing heart disease. Many patients have benefitted from these techniques of deep prayer. $25. Call 734-222-9861 or 517-206-0911; klaman@drlaman.com.

Homeopathy

Homeopathy and Family Home Care with Patty Brennan of Center for Childbearing Year • Oct. 11, 9 a.m.-4 p.m. • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $85. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Beginning Intuition Study Group with Diane Evans • Second and Fourth Sundays of each month, 11 a.m.-12:30 p.m.; Sept. 14-Dec. 14 in Crazy Wisdom Community Room • This study group is designed for people new to the field of intuition. Discussion, skill building and application are the three means we'll utilize to explore intuition and develop a strong, clear connection with it. Facilitated by Diane Evans, this interactive growth opportunity is open to anyone interested in learning more about intuition and how we can use it in our personal and professional lives. Come to any or all of the explorations in the comfortable atmosphere of Crazy Wisdom's Community Room. We begin promptly. No sessions Sept. 28 or Nov. 23. $15 per session. Call 734-327-9568; in-genius@comcast.net.

Julie Wolcott: "I'm continually amazed at how much joy, power and love Transformational Breathing brings to the people who experience it. For me personally, as well as for the friends, colleagues and clients with whom I share Transformational Breathing, great clarity and healing on all levels (physical, emotional, and spiritual) occur. And it's so simple to do full, diaphragmatic, connected breathing that in time those who practice it regularly can easily do it on their own."

Marcia Bailey: "I love the clear mental-emotional-physical states I experience through my own regular practice of Transformational Breathwork. And I delight in supporting others in fully opening their breathing mechanism through the Transformational Breath process so they too can access these very clarifying and enlivening mind-body-spirit states on a regular basis."

Julie Wolcott and Marcia Bailey lead Transformational Breathing workshops.

Intuitive Awareness & Psychic Development

(continued)

Continuing Intuition Study Group with Diane Evans • First and Third Sundays of each month, 11 a.m.-12:30 p.m.; Sept. 7-Dec. 7 in Crazy Wisdom Community Room • This study group is for those people who attended our sessions last year or who have already developed some skill with intuitive information and techniques from previous practice and experience. If you are unsure if this would be appropriate for you, call or email me to discuss your background. It is our intention to use inner resources to receive guidance concerning our personal and professional lives and to develop our psychic/intuitive abilities in service to others. We have a diverse group with people's application interests and backgrounds covering a wide range. Come to any or all of the explorations in the comfortable atmosphere of Crazy Wisdom's Community Room. We begin promptly. No sessions Sept. 28 or Nov. 23. $15 per session. Call 734-327-9568; in-genius@comcast.net.

Intuitive Heart Discovery Group with Diane Evans • Tuesdays, Sept. 16-Oct. 28; 7-10 p.m. • Intuition research reveals that our intuition comes out when we care about someone. It is our empathy that acts as the intuitive connection. The Intuitive Heart Discovery Group is a series of effective, fun-filled exercises and guided discussions designed to help the participants discover their own inner knowing, not only about themselves, but all others as well. The process gives immediate proof that we are all intimately connected, and that we can control and use our intuition to the good of ourselves and those whose lives we touch. $145 includes all materials and refreshments. No class Sept. 30. Call 734-327-9568; in-genius@comcast.net.

Exercise Your Intuitive Heart with Diane Evans • Wednesdays, Nov. 5-Dec. 17; 7-10 p.m. • This class is designed to give graduates of the Intuitive Heart Group Discovery Process the opportunity to use the skills you learned earlier by using them in new ways. You will also learn some new skills. Your practice will improve your self-confidence and using new combinations of these skills will generalize your learning. You will also find that you are developing your intuitive ability to relate to others in a more satisfying manner. This course is not an intellectual exercise in discussing ideas but one of practice and application. No class Nov. 26. $145. Call 734-327-9568; in-genius@comcast.net.

Free Workshop with Shala Kilmer • Oct. 18, 2-4:30 p.m. • I will teach you to use your own psychic abilities. Free. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Introduction to Medical Intuition with Elena Gillespie • Oct. 11, 10 a.m.-6 p.m. • Learn how to access your natural intuition to help yourself, your friends, your patients and clients to gain more knowledge about their physical, emotional and spiritual wellbeing. $55. Call 395-3672.

Essence Point Psychic Reading Practice with Anita McKay • Sept. 2, Oct. 7, Nov. 4, Dec. 2; 7:30-9 p.m. • These practice sessions are designed for those who have read or been taught the methods from *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher or a similar style of psychic development. Each session focuses on different aspects of psychic reading. Guests are welcome. $2-$12. Call 741-0478; mckay@concentric.net.

Beginning Intuitive Development with Marliesa Back • Nov. 15 and Nov. 16, 10 a.m.-5 p.m. • This class is an opportunity to explore your energy field and begin using your intuitive abilities through simple, safe and fun guided visualizations. No previous experience is necessary. $150 with discounts offered. Call 734-428-1451.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Sept. 6 and 7, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $179 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Oct. 4 and 5, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $189 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Nov. 15 and 16, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Weekend dates to be announced, 10 a.m.-6 p.m. • Learn to safely become a conscious channel using an easy, repeatable system as your foundation. Prerequisite: Intuitive Awareness 1 and 2. For dates and cost, call 663-9724; intuitivehealth@aol.com.

Judaism

A Sabbath of Return: Time for Self-Reflection and Renewal - A Retreat for Jewish Women with Barbara Boyk and Lia Wiss through The Leaven Center • Sept. 19 at 6:30 p.m. through Sept. 20 at 4 p.m. • You are invited to gather in community where prayer, reflection and silence will be among the resources drawn on to assist in the process of t'shuvah, deep spiritual return. We will gather on Friday for dinner, prayers and the start of our time of rest and renewal. Saturday will include chant, dance, silent and spoken prayers, as well as group and individual reflection designed to enhance t'shuvah. We will learn and practice rituals for cleansing, quieting and opening to the call of the sacred in this season. $125 or $75 for Saturday only. Call 989-855-2606 or 989-855-2277; leavencenter@leaven.org.

Preparing for the High Holidays - Shabbat Shuvah: A Day to Immerse in Prayer Practices with Barbara Boyk and Lia Wiss • Oct. 4, 9:30 a.m.-4:30 p.m. • This year on Shabbat Shuvah, the Sabbath of Return, we will gather with others for support and strength in a day of self-reflection and spiritual deepening. Our time will be spent in silence and in chanting, in stillness and in movement. We will be working within the final phase of the Days of Awe preceding Yom Kippur. The practices that we share are designed to assist in the release of patterns which no longer serve us that we may open to the spacious potential of the New Year. The retreat will take place in a beautiful wooded environment. $75-$100 sliding scale. Call Barbara at 994-5032 or Lia at 665-2394; bboyk@umich.edu or lzest@aol.com.

Kids & Young Adults

Teen Voice! with Kathleen Moore • Alternate Thursdays beginning in September, 6-7:30 • For teenagers who perform or want to perform vocally: singing, poetry slams, acting... Learn to use your voice as the instrument it is. We will focus on personal expression and development. Bring your dreams and aspirations. $210 for series of six 90 minute sessions. Call 668-8146; moorevoice@earthlink.net.

Yoga for Kids and Parents with Ema Stefanova • Saturdays beginning Sept. 20, Noon-1 p.m. • This class uses an approach to postures, breathing and meditation appropriate for children ages 4-6. Fun for the whole family. For cost, call 665-7801; emastefanova@cs.com.

Yoga for Teens with Ema Stefanova • Saturdays beginning Sept. 20, 1:15-2:30 p.m. • This class is specially designed for this age group and includes postures, breathing, relaxation and meditation that have been practiced by adolescents in traditional yoga training through the centuries and is still effective today. For cost, call 665-7801; emastefanova@cs.com.

Meditation for Adults and Teens with Ema Stefanova • Sundays beginning Sept. 14, 3:30-4:45 p.m. and Wednesdays, 8 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Taking in consideration that different personalities have affinity with different meditation practices, a wide range of techniques is offered. For cost, call 665-7801; emastefanova@cs.com.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Wednesdays beginning Sept. 10, 4:30-5:15 p.m. • A playful approach to yoga through games, dance, music and more. A fun, interactive class that introduces children ages 4 to 10 the benefits of yoga. $56 for seven weeks. Call 994-6130; billbarbmo@msn.com.

The Crazy Wisdom Calendar

The Labyrinth

Walking the Labyrinth with Visitation • Sept. 5, Oct. 3, Nov. 7, Dec. 5; 9 a.m.-5 p.m. • Spirituality is often described as a journey along a spiritual path. Some people find it helpful to deepen their spirituality by literally walking a spiritual path, the labyrinth. In following this ancient path, the soul finds refreshment. All welcome. Free. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Creating a Conscious Relationship: Introduction to Imago Relationship Therapy with Carole Kirby • Sept. 21, 2-4:30 p.m. at Crazy Wisdom's Community Room • Based on the book *Getting the Love You Want* by Dr. Harville Hendrix, the Imago approach teaches people a new way to share and listen to each other's thoughts and feelings by offering a way to discover what's beneath your longstanding issues and what you can do differently, enhance your ability to communicate well with your partner and change your reactive, ineffectual behaviors into a force for compassion, healing and growth. This approach to talking and listening helps couples really hear and understand each other. Participation is by choice and questions and dialogue are welcome. All kinds of couples and singles welcome. Free. Call 734-424-2797; www.therapy4couples.com, carole777@aol.com.

Rediscover the Joy of a Committed Relationship: A Workshop for Couples with Carole Kirby • Nov. 7-9; Friday 7-10:30 p.m., Saturday 8:30 a.m.-8 p.m., Sunday 8:30 a.m.-7 p.m. • Discover what's beneath the longstanding conflicts and how to use your relationship for mutual healing and fulfillment. This intensive, psycho-educational workshop is based on Dr. Harville Hendrix's theory of *Imago* relationship therapy. The workshop includes lectures, written exercises, experiential exercises and playfulness to help couples replace their ineffectual behaviors with behaviors that can set them on a path to real love, safety, trust and connection. $550 per couple or $500 if paid three weeks in advance. Call 734-424-2797; www.therapy4couples.com, carole777@aol.com.

A New Way to Love Self and Others: A Workshop for Individuals with Carole Kirby • Nov. 16, 2-4:30 p.m. • We are all in connection with others, but not always in as satisfying a way as we would like. Many single individuals long to be in relationship with a special person. Many individuals who have a partner want to be in closer, more satisfying connection. You may also wish to improve the connections you have with family, friends and workmates. This workshop will help you discover what you are doing that gets in your way of being in good connection. It is part of an education process that will help you develop a deeper understanding of the unconscious purpose and potential for healing and wholeness in relationship. This workshop is an opportunity to help you increase your personal power, learn more about yourself, make clear decisions and change in ways that foster finding and/or keeping the love you long for. Free. Call 734-424-2797; www.therapy4couples.com, carole777@aol.com.

Getting the Love You Want: Couples Weekend Workshops with Carole Kirby • Separate workshops available for same sex couples. For complete information about upcoming workshops, call 734-424-2797; www.therapy4couples.com, carole777@aol.com.

The Inner Marriage, the Dance of the Masculine and the Feminine with Bronwen Wildflower Gates • Nov. 2, 1-5 p.m. • As Nathaniel Branden says in his exploration of self esteem, "There is no love affair more important to consummate then the one with yourself." Disharmony between your inner male and female contributes to disharmony in your relationships and your life. In this workshop, you will find your beloved inner partner of the opposite sex, and initiate or continue the journey of inner harmony between your masculine and feminine energies. The workshop will conclude with a ritual honoring your newly created, or deepened, relationship. $45. Call 734-424-2744; bronwild@aol.com.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Sundays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Mary Ledvina • Tuesdays through Dec. 16, 11 a.m.-2 p.m. • Walk in and restore with a chair massage for lunch! $1 per minute. 10% discount for downtown employees. No appointment needed. Call 665-2757.

Self Massage Class at Crazy Wisdom Community Room with Mary Ledvina • Nov. 13 and Dec. 3, 7-9 p.m. • Relax with your own touch and bring home the ability to give yourself a massage at any time! Learn self massage techniques and be guided through a head, neck and shoulder massage routine. There will also be a chance to try out many massage tools. $20. Call 449-5889; maryledvina@earthlink.net.

Magical Massage! (and more) with Ztaise A. Bradley of Back to Nature Bodywork • Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7, 14, 21, Dec. 5, 12, 19 • Discover the amazing benefits of massage and experience other modalities including traditional Chinese shiatsu, raindrop technique using essential oils and LaStone hot stone therapy. Demonstration and lecture. Free. Call 255-0070.

Sports Massage I with Jane Anderson and Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Sept. 27-28, 8:30 a.m.-5 p.m. each day • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre and post event work, maintenance work and injury assessment and treatment. $250. 1.4 CEU's. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Professional and Ethical Boundaries with Jane Anderson and Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Oct. 9, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This 3 1/2 hour class covers the general aspects of professional and ethical boundaries including confidentiality, sexual misconduct and massage therapy and intimacy. $47. .35 CEU's. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Seated Massage with Margaret Szedenits at the Ann Arbor Institute of Massage Therapy • Oct. 18, 8:30 a.m.-5 p.m. • The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. .7 CEU's. $150. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Sports Massage II with Jane Anderson and Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Oct. 25-26, 8:30 a.m.-5 p.m. each day • The goals of this segment of Sports Massage are to provide you with an overall perspective on, and the techniques essential to, dealing with specific sports related injuries including skillful palpation and maintenance of the athlete. 1.4 CEU's. $250. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Pathology with Joanne Kent and Margaret Szedenits at the Ann Arbor Institute of Massage Therapy • Nov. 1, 8:30 a.m. • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Therapeutic Massage Therapists are ethically responsible for recognizing client deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can practice. $150. .7 CEU's. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Dec. 12-14, 8:30 a.m.-5 p.m. each day • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides complete and effective relief from chronic pain and tension. The student acquires an understanding of the principles and philosophy of myofascial dysfunction. 2.1 CEU's. $350. Call 677-4430 ext. 21, fax 677-4520; aaimt@earthlink.net or www.aaimt.com.

Principles of Giving a Great Massage with Brodie Burris • Oct. 4 or Nov. 2, 9:30 a.m.-12:30 p.m. • This is a three-hour, hands on workshop for laymen. Learn the basic tools necessary to give friends and loved ones a great massage. In a very safe, clean, comfortable environment, learn from a professional therapist all the basics of giving neck, shoulder, head, foot and hand massage. Class sizes are limited to six people. $150 for individuals or $200 for couples. Call 975-2745; burrisbrodie@aol.com.

Meditation

Day of Mindfulness (Monthly Saturday Meditation) with Anna Marie Heinrich, Dianne Austin and Susan Klimist with Deep Spring Center • Oct. 18, Nov. 15, Dec. 20; 9 a.m.-4 p.m. • Vipassana meditation is the moment-to-moment investigation of the mind/body process through calm, focused awareness, which allows us to experience the sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our minds from conditioned patterns of negativity and confusion, and allows our hearts to open to deeper wisdom and compassion. The practice is suitable for those of any religion; no special religious beliefs are necessary. Come for all or part of the day. Please bring a lunch. $25 for the full day. Call Anna Marie at 429-2982, Dianne at 665-4298 or Susan at 327-9369; info@deepspring.org.

Sunday Morning Weekly Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday: Sitting Meditation 9:30-10:30 a.m. followed by a half-hour discussion • Sunday morning sitting and dharma discussion. No registration needed. Meditation instruction or a private meeting with Susan is available upon request by 8:45 a.m. Donations gratefully accepted. Call 663-1675; susan@weirdolls.com or info@deepspring.org.

One Day Meditation Workshop with Barbara Brodsky, Carol Blotter and Susan Weir of Deep Spring Center and Michigan Friends Center • Sept. 27 • This workshop is for both beginners and continuing students. A room will be available for those who want more silence. It is a fundraiser for Deep Spring Center and Michigan Friends Center. All proceeds above expenses will benefit these two non-profit organizations. $30. For a flyer, call 734-477-5848. For times and information, call Carol at 734-475-9312; info@deepspring.org.

Meditation (continued)

Vipassana (Insight) Meditation for Beginners with Dianne Austin and Susan Klimist of Deep Spring Center for Meditation and Spiritual Inquiry offered through Community Rec & Ed • Six Thursdays beginning Oct. 2, 7-9 p.m. • This is a beginning class in Vipassana meditation. $45. Class size is limited. To register, call 994-2300 ext. 227. For class content info, call Dianne at 665-4298 or Susan at 327-9369; dianne.austin@gte.net or articgyr@ameritech.net.

Metta (Loving Kindness) for the Holidays with Carol Blotter and Dorothy Ann Coyne of Deep Spring Center through Community Rec & Ed • Five Tuesdays beginning Nov. 18, 7:30-9 p.m. • This is a course in the practice of loving kindness open to beginning and continuing students. $45. To register, call 994-2300 ext. 227. For class content info, call Carol at 734-475-9312 or Dorothy at 734-930-0192.

Spiritual Inquiry Program with Barbara Brodsky and Aaron (channeled) of Deep Spring Center • Sept. 17, Oct. 1, 15, 29, Nov. 12, 26, Dec. 10, 18; 7:15-9:30 p.m. • An ongoing program of spiritual inquiry. Who are we and how do we do the work for which we came into incarnation? We will consider the body (including energy), the mind and spirit. Subject matter will be determined by participants and work will build from class to class. Open to people at any level who are willing to make a commitment to attend class regularly, meditate at least three times per week and do suggested homework exercises from Aaron. Students new to Insight meditation must also take an introductory class. $45 and optional donation for teacher. Call 477-5848; bbrodsky@deepspring.org.

Thursday Night Continuing Meditation Class with Cassie Cammann, Dave Lawson and other Deep Spring Center Teachers, including Barbara Brodsky • Sept. 11, Oct. 2, 16, 30, Nov. 13, 20, Dec. 11, 18; 7:15-9:30 p.m. • The theme for the class is "Waking Up and Letting Go." We will work with a variety of methods, centered on Vipassana, to explore this dual emphasis. $50 with donations accepted for teachers. Call Cassie at 662-6704 or Dave at 662-8317; info@deepspring.org.

Tuesday Night Meditation Commitment Class with Barbara Brodsky, Dave Coupland, Frank Levey and Dave Lawson of Deep Spring Center • Sept. 16, 23, Oct. 7, 21, Nov. 4, 18, Dec. 2, 16; 7:15-9:30 p.m. • "A Path to Freedom: Learning from Life and Meditation." A continuing class for students at any level beyond introductory who are willing to make a commitment to attend classes regularly, sit at least five times per week and do suggested exercises. Focus will be on deepening the practice and relating the practice to daily life. What is happening on the cushion, and what does that tell us about our minds and our lives? Half of our time will be spent with deepening meditation through practice and small group discussion, and half in large group discussion of practice in daily life. $50 with optional donation for teachers. Call Dave at 995-5344 or Frank at 65708742; info@deepspring.org.

October Retreat at Howell Nature Center with Barbara Brodsky and Aaron of Deep Spring Center • Oct. 31-Nov. 2 • The foundation for the weekend is Insight meditation and the various supports for spiritual practices, such as lovingkindness meditation. The meditations derive from Buddhist Theravadin tradition, but no special religious beliefs are necessary for their practice. Suitable for new and continuing meditators, this retreat will provide instruction at all levels and an opportunity for silent meditation. Mindfulness throughout the 24-hour day will be a focus. $195 with optional donations for teachers. Call 477-5848 or Pat at 996-3743; info@deepspring.org.

Meditation: Dipping Into the Magic Pool with Susan Morales of Bodies in Balance • Oct. 4, 11, Nov. 1, 15; 10:30 a.m.-12:30 p.m. • An exploration of meditation techniques to create more balance and creativity in your life. Bring floor pillow and shawl if needed. $15 for drop-in or $50 for series. Call 669-0500; smmorales@qwestonline.com.

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion if you prefer. People from any spiritual practice welcome. Donations accepted. Call Anita McKay at 741-0478.

Meditation for Adults and Teens with Ema Stefanova • Sundays beginning Sept. 14, 3:30-4:45 p.m. and Wednesdays, 8 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Taking in consideration that different personalities have affinity with different meditation practices, a wide range of techniques is offered. For cost, call 665-7801; emastefanova@cs.com.

Yoga Nidra: The Art of True Yogic Relaxation, Prerequisite to Successful Meditation with Ema Stefanova • Oct. 4 • Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words meaning union or one-pointed awareness and sleep. During its practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. Two hours of yoga nidra can replace eight hours of sleep. For cost, call 665-7801; emastefanova@cs.com.

Introductory Meditation Lecture with Nirmala of Lighthouse Center • Sept. 26, Oct. 24, Nov. 28; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 for first time; $15 for repeat. Call Prachi at 734-449-4381.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month; 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381.

Men's Work

Meeting of Men with Marty Keck through Visitation • Sept. 25, Oct. 23, Nov. 20, Dec. 18; 7-9 p.m. • What does it mean to search for God? What does it mean to be Christian men in our society? Reflecting on the lives of Biblical men, we will share our experiences in light of their stories. $5 per session. Call 734-242-5520; visitation@ihmsisters.org.

Men's Issues Therapy Group with Cam Vozar • Mondays beginning Sept. 8, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per session with some insurance accepted. Call 747-9073; cvozar@aol.com.

> No one imagines that a symphony is supposed to improve in quality as it goes along, or that the whole object of playing it is to reach the finale. The point of music is discovered in every moment of playing and listening to it. It is the same, I feel, with the greater part of our lives, and if we are unduly absorbed in improving them we may forget altogether to live them.
>
> - Alan Watts

Mid-Life

Rite of Passage: The Soul's Call at Midlife with Jill Blixt • Ten Wednesdays beginning Oct. 1, 6:30-9:30 p.m. • Rather than a time of crisis, mid-life can be a powerful call from our soul to be more authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will weave together the threads of our personal journey, harvest the gifts from our past and create a sacred space to let go of the "if onlies..." and map our dreams for the future. We will be reading *Not Your Mother's Midlife: A Ten-Step Guide to Fearless Aging* by Nancy Alspaugh and Marily Kantz. Come initiate your rite of passage into this most powerful time of life. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Mothering

A Sacred Pact: The Art of Mothering as Spiritual Practice with Jill Blixt • Five Sundays beginning Oct. 5, 12:30-3:30 p.m. • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention, but it also asks us to reflect on what it means to be a guardian of another soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Mothering is not about becoming a martyr to another's needs. It is about cherishing yourself as well as your children. It is about balance. It is a sacred journey. Come honor and recharge yourself. Learn how to bring more nurturing, awareness and intention to your journey as a mother. $30 per week includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Mothering Arts Support Group with Merilynne Rush, Mickey Sperlich and Amanda Smith of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in sessions open to all parents of little ones to share resources, ideas and support for attachment style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs with guest speakers from the community. Free. Call 424-0220; info@newmoonmidwifery.org.

Movement & Dance

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly on Wednesday evenings • A peer group, the A2AMG meets to explore and experience Authentic Movement in community. We approach Authentic Movement as creative expression, psychological narrative, spiritual resource and divine play. We are a long-term dedicated group and periodically welcome new members. Nominal space rental fee. For dates and times, call Robin at 665-2345; redrobinah@aol.com or Peter at 878-2900; pfnorlin@earthlink.net.

Dances of Universal Peace with Siddiq and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, Hebrew, Aramaic or English; but the message is one of love, harmony, beauty, peace and unity. The movements are simple. All is taught. No experience needed. All welcome. $5 donation optional. Call 996-1332; smidd@comcast.net.

Embodiment and Spirit through Authentic Movement with Robin Graubarth • Oct. 19, 12:30-5 p.m. • This workshop will offer women an opportunity to explore authentic movement and engage our experience with a focus on the soul's embodiment and spirit. We will learn the form, move in our bodies and integrate the practices of writing, art, silence and sharing in community. No formal movement experience is necessary. Rather, come with a readiness to reawaken the wisdom of the body, express your presence with movement and play! $45 includes art materials and snacks. Call 665-2345; redrobinah@aol.com.

The Crazy Wisdom Calendar

Ecstatic Body Postures: Trance into Alternate Reality with Mary Finnell through Gaia Center for Healing Arts and Studies • Sept. 14 or Oct. 12, 4-6 p.m. • Through lecture and visuals, participants will learn the brief history of body postures and the research into their use. An experiential journey of the Bear Spirit posture will be offered to participants. $15. Call 304-599-0202; matagaia@yahoo.com.

Registration for Dance Classes at Art in Motion Dance Studio • Sept. 2-15, 9 a.m.-Noon • Arts in Motion offers classes in creative movement, modern dance, ballet, jazz, pilates, ballroom, Latin dance and swing for adults and children. For complete information, call Amanda at 222-6246; amanda@artsinmotion.net.

Movement Sampler with Teachers of Ommoves Studio • Sept. 13, 8 a.m.-4 p.m. • Participate in a smorgasbord of movement and healing experiences with a great group of teachers. Sample as many approaches as you are interested in or curious about all in one day: Ashtanga yoga, authentic movement, classical Hatha yoga, contact improvisation, expressive yoga, Feldenkrais technique, Trager mentastics, Yamuna ball rolling or yogamoves. Everyone is welcome. Free. For complete information, call 717-4145 or 994-3777; edickins@umich.edu or mymoves@aol.com.

Music & Sound

Songcatchers at Oz's Music • Sept. 6, 8 p.m. • Performance by Songcatchers, a six-piece band whose specialty is virtuosic group improvisation on vocals and a great variety of instruments. The band composes on the spot through a spontaneous interaction of musicians. The evening also features poetry, songs and creative opportunities for audience participation. Sliding scale, pass-the-hat. Call 662-8283; mackeyj@umich.edu or www.milfordmusic.com/songcatchers.htm.

The Seventh Annual Evening of Sacred Song • Dec. 6, 8 p.m. • A celebration of song from many spiritual traditions. Everyone is invited to come celebrate the season, sing along and enjoy music and rhythms from around the world. $5-$25 sliding scale. Children under 12 free. Call 975-8791; jmackey50@umich.edu.

The Yoga of Sound with Russill Paul through Upland Hills Ecological Awareness Center • Oct. 4, 10 a.m.-5 p.m. • Experience the transcendent qualities of sound yoga through the music and teachings of this extraordinary world teacher and classical musician originating from South India. This workshop is for new and returning students, regardless of your music or yoga background. You will discover an empowerment of your voice and your spirit through Russill's enchanting music and gentle guidance. $90 with early discount offered. Call Chris Tarr at 248-693-1021; uheac@earthlink.net.

Chava Alberstein with University Musical Society • Nov. 8, 8 p.m. at Rackham Auditorium • "In Israel, Chava Alberstein is Joan Baez and Sarah McLachlan rolled into one: a thoughtful songwriter with folky roots, peaceable instincts, a voice filled with compassion, and an earnest desire to improve things." -*New York Times*. With nearly 50 recordings in Hebrew and Yiddish since the late 1960's, Chava Alberstein has been a dramatic force on the Israeli music scene for the past 30 years. Strongly influenced by American folk singers, she performs everything from tender love songs to defiant songs about peace and oppression. $20-$34. Call 764-2538; www.ums.org.

Naturopathy

Coping with Stress: A Natural Medicine Treatment Approach for Anxiety with Michele Loewe sponsored by People's Food Co-op • Sept. 9, 7-8:30 p.m. at Crazy Wisdom Community Room • Feeling overwhelmed? Want some relief? Join Dr. Loewe for a presentation on the causes and symptoms of anxiety and stress, and ways to approach feeling better naturally. Free. Call 994-4589; info@peoplesfood.coop.

Improving Your Fertility: Naturopathic Treatment Approach to Treating Infertility with Michele Loewe sponsored by People's Food Co-op • Oct. 14, 7-8:30 p.m. • Come learn about natural ways to address your body's ability to be fertile. This presentation will cover fertility issues, assessment and natural treatment of infertility. Free. Call 994-4589; info@peoplesfood.coop.

Nutrition & Food Medicine

Book Signing and Talk with Gabrielle Nagler, author of *The Diet Doctor's Wife's Cookbook* at Crazy Wisdom Bookstore • Sept. 20, 4:30 p.m. • *The Diet Doctor's Wife's Cookbook* introduces a new way of cooking for health conscious food lovers. Brimming with personal anecdotes and over 250 imaginative recipes, this book takes you on a mouth-watering journey of culinary exploration, celebrating the bold and seductive flavors of fresh vegetables and whole grains. Join Gabrielle and Bill Nagler as they take the mystery out of near-vegetarian eating, sharing their kitchen secrets and views on nutrition and health. Learn how to reduce fat without compromising on taste and keep weight off without feeling deprived. Complete with nutritional analysis for each recipe, *The Diet Doctor's Wife's Cookbook* also offers innovative ideas for vegetarians, vegans and people with lactose intolerance and food sensitivities. Free. Call Carol Karr at 665-2757; information@crazywisdom.net.

Crazy Wisdom Bookstore Tea Class and Tea Tasting with Jerri L. Dodge • Saturday, Sept. 13, Oct. 11, Nov. 8; Noon-1:30 p.m. • Join us at Crazy Wisdom to experience the world of teas. From centuries old rituals to current health benefits, this class and tasting will expand your knowledge and love of teas. Crazy Wisdom Tearoom, home of one of the largest selections of quality teas in the area, hosts this fun and relaxing class where you get to taste a variety of teas like the pros and learn to make the most of the leaves. From the serene Japanese Tea Ceremony to the social hauteur of English Afternoon Tea to the communal greeting of the South American Mate ritual, we'll travel the world in a cup of tea. $5. Call Jerri at 665-2757; jerri@crazywisdom.net.

Healthy Solutions Weight Management Program Free Orientation through Saint Joseph Mercy Women's Health Center • Thirteen-week program that combines intensive lifestyle education with a nutritionally complete, "decision-free" diet utilizing delicious shakes, puddings and microwaveable entrees. For dates, times and cost, call Debby at 712-5800.

Treating Depression with Dinner with Judy Stone of Nutrition Magician • Nov. 7, 9:30 a.m.-Noon • Aimed at health and mental health professionals, Judy Stone will present the information needed to provide more effective help for depressed and recovering alcoholic clients. $60 with early discount offered. Call 994-5549.

Eat According to Body Type with Linda Greene • Each of us is a unique individual. While there are certainly general principles for good nutrition and digestion, it is crucial that we recognize how to nourish our particular body within that framework. Using polarity nutrition principles, which are based on the same elemental energies as the chakras, and muscle testing to determine your individual elemental body type, we will create a customized dietary approach for you. $120 includes two private consultations. For dates and times, call 662-2029; lingreene@aol.com.

Grandmother's Kitchen with Bronwen Wildflower Gates • Saturdays, 10 a.m.-1:30 p.m. • For men and women, now is the time for us to sit at the table with the Grandmothers and learn their nourishing wisdom, so that we may incorporate it into our lives and share it with our children and grandchildren - our own or others, for we are all family. Part kitchen table wisdom and part food-tasting, you will be nourished by food with its stories and by stories and their nourishment.
Oct. 4: Grandmother Soup
Oct. 18: Nourishing Extracts, Teas and Juices
Nov. 15: The Worlds of Other, Fermented Foods and Beverages.
$45 per class includes lunch. Call 734-424-2744; bronwild@aol.com.

Pagan

Book Signing and Talk with Author Robin Wood at Crazy Wisdom Bookstore • Nov. 8, 4:30 p.m. • Book signing and talk with author Robin Wood, creatrix of *The Robin Wood Tarot Deck*; *The Robin Wood Tarot Book*; *When, Why ... If* (a workbook dealing with ethics from a pagan/wiccan perspective) and her newest book, *The Theory of Cat Gravity*. Free. Call Carol Karr at 665-2757; information@crazywisdom.net.

Fireside Chat with Seven Generations • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 7:30 p.m. • Seven Generations is hosting monthly "merry meet" fireside chats every month on the third Thursday. A night of good conversation, making of new friends and for sharing our experiences in Pagandom. In summer months, we will have the option of an outdoor bonfire. All Pagans, Pagan-minded folk and Pagan-friendly people are welcome to join in the conversation, wherever it may lead. Coffee and snacks provided. Feel free to bring snacks or nonalcoholic beverages. Free. Call 734-904-1168; 7gencc@comcast.net.

Hair Beading for Magickal Purposes with Greenrain of Seven Generations • Nov. 7 and Dec. 7, 8 p.m. • Learn hair beading with magickal intent under the full moon. Bring plastic pony beads or small rubber bands, or a $3 donation. Call 734-904-1168; dlaroque928@yahoo.com.

Pagan Chant Night with Members of Seven Generations Community • Sept. 26, Nov. 28, Dec. 26; 8 p.m. • Finally, a chance to keep those elusive pagan chants fresh in our memory by spending an evening sharing and singing them with our community every month. Bring your favorite chant (handouts are nice!) and a tape recorder to be a part of a beautiful evening of song, spirit and community. Free. Call 734-904-1168; paulasteele@comcast.net.

Past Lives

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Sept. 13, 1-4 p.m. • Free yourself from the past... change your life. You will be taken to a previous life, discover what caused the block and have all energy blockages removed. Expect change... what's in store for you? Limited to six students. $99. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Peace

Healing a Broken World: Globalization and God with Margaret Brennan and Amata Miller through Visitation • Nov. 2, 9:30 a.m.-3 p.m. • A day of exploration to explore the disabling realities of economic globalization, specifically the relationship between ecological sustainability and world poverty; the courage and challenge to enable moral power to develop alternatives; the indwelling presence of God; the practice of solidarity; and the Eucharist as a community of moral agency. $100. Call 734-242-5520; visitation@ihmsisters.org.

Peace, Healing, Community: Living Together, Living with Spirit with Members of Pathways Foundation for Peace and Healing • Oct. 4, Noon-6 p.m. in East Lansing • Please join us for a day of teaching and sharing. Workshops will include teachings and alternative methods of conflict resolution and peace keeping from different cultures. There will be workshops for children and teenagers. The day's event will conclude with a community healing drumming circle and a ceremony for peace. Presenters include Myron Eshowsky, Kate Durda, Stephanie Tighe, Liz Lumley, Frannie Goldstein and Kiwi Hawk. By donation. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Personal Growth

Book Signing and Talk with Kathryn Gay-Andries, Author of *Soul Choices: Understanding Your Life Purpose* at Crazy Wisdom Bookstore • Sept. 6, 4:30 p.m. • *Soul Choices: Understanding Your Life Purpose* is an interactive book designed to help people discover their life purpose and know themselves inside and out. This book is unique because it focuses on the top six methods of self-awareness: past lives, astrology, numerology, rayid, palmistry, family and birth order, and explains how to synthesize the information to know your life purpose. Free. Call Carol Karr at 665-2757; information@crazywisdom.net.

Photo by Bren Wood

Kate Durda and Stephanie Tighe — Shamanic Practitioners and founders of SpiritWeavers

> "We are all Divine! The practice of Shamanism helps me to re-member my Divinity, and to act from that powerful center. In both my healing and teaching practice, I have been blessed to share with others as they remembered, rediscovered or deepened understanding of their own Divinity, Joy, and Passion! The time is now here for us to heal ourselves and make manifest this health in the outer world, together! I have found Shamanism to be a powerful ally in helping us to create spiritual community and to remember who we are!"
>
> \- Kate Durda

The Theory of Holes Part 1 with Kirk Dennis • Sept. 26, 7:30-10 and Sept. 27-28, 9 a.m.-5 p.m. • Based on the work of A.H. Almaas, the theory of holes delineates and explores the understanding that the core of our ego personality is rooted in psychological deficiencies. When these early woundings are accepted and inquired into, the essential nature of the soul is experienced and unfolds. $225 for weekend, including an additional small group meeting. Call John Cardwell at 994-5320; johncardw@juno.com.

Nature of the Mind with Kirk Dennis • Dec. 5, 7:30-10 and Dec. 6-7, 9 a.m.-5 p.m. • Based on the work of A.H. Almaas, Kirk will offer a modern understanding of the mind and how our "mind" hinders and serves our spiritual and psychological growth. $225 for weekend, including an additional small group meeting. Call John Cardwell at 994-5320; johncardw@juno.com.

Taming Your Inner Critic with Lou Weir • Sept. 10, 17, 24, Oct. 1, 8, 15; 7-9 p.m. • Using meditation, psycho-dynamic exercises and self-study, we examine the ways of the super ego or inner critic and how it restricts our experience. Understanding is then used with an aim of disengaging from its negative effects. $40. Call 810-227-1300 (days) or 663-1675 (evenings).

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Sept. 2, Noon-1:30 p.m.; Part 2: Sept. 9, Noon-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Are You Grounded? with Karlta Zarley • Sept. 17, 7:30 p.m. • Do you lose things? Are you as effective in your activities as you would like? Are you easily distracted? Do you really know what "being grounded" means? You will cover the benefits of being grounded, learn how to perceive if you've become ungrounded and learn some meditations to help you ground yourself quickly on your own. $15. Call 734-433-9333.

Boundaries with Karlta Zarley • Oct. 4, 10 a.m.-4 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. This workshop will help you learn the five kinds of boundaries, how to identify them, put them in place and keep them where you want them. Vegetarian lunch provided. $110. Call 734-433-9333.

The Gift of Tears with Eva Schoell of Visitation • Nov. 8, 9:30 a.m.-3 p.m. • A day to focus on tears as gifts. It will include facts about tears, a chance to get in touch with our own history of tears, an opportunity to name our tears, a look at tears in scripture, to come to know the prayer of tears and to begin to recognize our tears as gifts. For whom? For anyone suffering any type of loss, for those who never cry and want to, for those who feel they cry too much and wish they wouldn't, for you. $50 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

Calling: A Search for Life and Meaning with Barbara G. Stanbridge of Visitation • Nov. 22, 9:30 a.m.-4 p.m. • This workshop will provide participants with a framework to discover their "call". The workshop is based on the work of James Hillman, whose book, *The Soul's Code in Search of Character and Calling* sparked a renewed interest in the idea of "calling" and reflected the last 20th century person's search for meaning in the fast-paced, success-driven lifestyles of our time. We will examine archetypal myths from a variety of traditions and engage in reflection and conversation that will help raise a person's sense of "call" to a more conscious level. This workshop will enable those who are feeling "stuck" in their lives or vaguely dissatisfied to have a new sense of purpose. It will also help parents feel more courageous in nurturing the souls of their children. $60 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

Lifetracks: A Blueprint for Vision Building with Christine Wucherer and Sandra Finkel • Oct. 10, 1-5 p.m. • Whether you are looking for your perfect life or want your business or career to flourish, this workshop is for you! All construction projects start with a good blueprint, a roadmap to achieving the vision. The Life Tracks workshop provides the ideas, guidance and practical tools for you to develop a blueprint for your life vision. This workshop will put you on a path toward a fulfilling personal and business life. $150. Call Christine at 669-7202; www.centerforworkandlife.com.

Embody Your Life with Amy Bogetto-Weinraub and Cindy Gault through The Center for Eating Disorders • Sept. 20, 10 a.m.-2 p.m. • In this four-hour workshop, participants will gain an understanding of body myths and media influences on body image. Through discussion and experiential exercises using music and movement, participants will explore their own body image and begin to develop a more conscious, accepting and nurturing relationship with their bodies. If there is sufficient interest, a weekly follow-up group will be organized to support the work initiated in this workshop. $50. Call 668-8585; cgault@umich.edu.

Creating Balance in Your Daily Life with Lucinda Kurtz • Oct. 1, 7:30-9:30 p.m. at the Crazy Wisdom Community Room • Become aware of how you sabotage your health and well-being through excessive activity, self-judgment and habitual patterns that deplete your energy and blur your focus. Learn to create a positive matrix for each day to align your essential being and actions with your practical responsibilities and your highest self. $30. Call 665-9160; lucindakurtz@comcast.net.

Excuse Me, Your Life is Waiting with Bronwen Wildflower Gates • Twelve Wednesdays beginning Sept. 17, 6:30-9 p.m. or Twelve Thursdays beginning Sept. 18, 10:30 a.m.-1 p.m. • Lynn Grabhorn has helped revolutionize our understanding of why we experience life the way we do, and shows how we can use this information to create a life we prefer. We'll use her *Excuse Me, Your Life is Waiting Playbook* as our text, together with a wealth of metaphysical insights and approaches that I've found and used over the years. $360 includes materials; $33 per class if paid weekly. Call 734-424-2744; bronwild@aol.com.

Tapping Away Stress: Emotional Freedom Technique (EFT) with Bronwen Wildflower Gates • Sept. 14 or Nov. 9, 1:30-4:30 p.m. or Oct. 13 or Dec. 8, 6-9 p.m. • Emotional freedom means liberation from the pain and discomfort of emotional experiences lodged in our body-mind because we are or were unable to respond appropriately at the time of an overload - physical, emotional, mental or spiritual. The experience of stress is your body-mind's attempt to draw your attention to this overload in your system. EFT offers a way to access and resolve this "unfinished business." It takes only a short time to learn and the results will amaze you. $40. Call 734-424-2744; bronwild@aol.com.

Tapping Into Joy: EFT Beyond Basics with Bronwen Wildflower Gates • Sept. 15 or Nov. 10, 6-9 p.m. or Oct. 12 or Dec. 7, 1:30-4:30 p.m. • What is joy? How can we experience more joy in our lives? This workshop will explore joy and how to use tapping techniques, like the Emotional Freedom Technique popularized by Gary Craig, for creating change, for skill development and for affirming choices you want to make to create more joy-full experiences of life. $40. Call 734-424-2744; bronwild@aol.com.

EFT and Other Energy Techniques for Weight Loss and Improving Body Image with Bronwen Wildflower Gates • Nov. 17, 24 and Dec. 1; 7-9 p.m. • Identify and release beliefs limitations that interfere with your ability to lose weight and maintain a positive body image, and how to attract and claim a life of good health and well-being in a body that you enjoy. $75. Call 734-424-2744; bronwild@aol.com.

The Crazy Wisdom Calendar

EFT and Other Energy Techniques for Creating Abundance and Prosperity with Bronwen Wildflower Gates • Sept. 22, 29 and Oct. 6; 7-9 p.m. • Abundance and prosperity are gifts waiting to be received and claimed. Learn what abundance and prosperity are to you, identify and release beliefs and limitations that interfere with your experience of these energies in your life, and how to attract and claim a life of abundance and prosperity. $75. Call 734-424-2744; bronwild@aol.com.

EFT and Other Energy Techniques for Creating Health with Bronwen Wildflower Gates • Oct. 20, 27 and Nov. 3; 7-9 p.m. • What is health to you? Identify and release beliefs and limitations that interfere with your experience of health, and learn how to attract and claim a life of good health and well-being. $75. Call 734-424-2744; bronwild@aol.com.

Freedom from Toxic Shame: Discovering Your Inherent Goodness with Cynthia Gormley • Sept. 29, 7:30- 9 p.m. • Feelings like "I'm a failure," "not quite good enough" or "broken in some way" lie just over your inherent goodness, obscuring its radiance. Learn ways to free yourself from the tyranny of this mindset. Free. Call 663-3842; a-tsal@flamingjewel.org.

Live with Exhuberance with Cynthia Gormley • Nov. 1, 10 a.m.-5 p.m. • To live with exhuberance, you will want to breathe, relax, move and laugh more freely. Learn exercises to fully receive the force of life. $60. Call 663-3842; a-tsal@flamingjewel.org.

Professional Enrichment

Treating Depression with Dinner with Judy Stone of Nutrition Magician • Nov. 7, 9:30 a.m.-Noon • Aimed at health and mental health professionals, Judy Stone will present the information needed to provide more effective help for depressed and recovering alcoholic clients. $60 with early discount offered. Call 994-5549.

Feng Shui Practitioner Certificate with Wendy Warrick • Six Sessions: Sept. 20, 9 a.m.-4 p.m.; Sept. 24, 7-9:15 p.m.; Oct. 1, 7-9:15 p.m.; Oct. 8, 7-9:15 p.m.; Oct. 15, 7-9:15 p.m.; Oct. 18, 9 a.m.-4 p.m. • This professional program will prepare you to begin your own Feng Shui consulting business. In this program, you will gain knowledge, skills and practical experience needed to confidently consult in Feng Shui. $299. For brochure, call 913-9619.

Certified Herb Specialist Course with Cindy Klement • Two sessions available: 7 Thursdays, Sept. 11-Oct. 23 or 7 Mondays, Nov. 3-Dec. 15; 7-8:30 p.m. • Do you want to feel confident about using herbs? Do you want to learn about human physiology and nutrition? Do you want to share the gift of good health with others in their current medical needs? If you haven't already taken this course, why wait to join the other 80 graduates so far? Upon completion of the course, you will be certified as an Herb Specialist, making a huge difference in your life and the lives of others. $49 includes 200 page manual, 20 hours of audio lectures featuring several holistic medical doctors, classroom instruction and handouts. Call 975-2444; cindyklement@mynsp.com.

Eating, Weight and Body Image Disorder Treatment Training and Supervision Group with Judith Banker of Center for Eating Disorders • Second Tuesday of each month beginning Sept. 9, 9-10 a.m. • Case consultation and training group for health care professionals meets on an ongoing basis. New members welcome. $25 per meeting. Call 668-8448; banker@umich.edu.

Reiki

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 28, Oct. 26, Dec. 13; 9-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 1 and 2; Saturday, 6-10 p.m. and Sunday 10-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 4, Oct. 2, Nov. 13, Dec. 4; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Curious about Reiki? Free Introductory Talk with Suzy Wienckowski • Oct. 29, 7-9 p.m. • Suzy Wienckowski speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, universal life energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini treatments will be offered. Free. Call 665-8665; suzyreiki@aol.com.

Drop-In Reiki at Crazy Wisdom Tea Room with Greg Weathers • Friday evenings, 7-10 p.m. • Come in to Crazy Wisdom and try a Reiki session! $1 a minute. No appointment needed. Call 665-2757.

First Degree Reiki Class with Suzy Wienckowski • Sept. 12-14 or Nov. 14-16; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 10-11; Friday 7-9 p.m., Saturday 10 a.m.-4 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

Healing Circle with Ivy of Seven Generations Community Center • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 8 p.m. • An evening of Reiki and other forms of energy/spiritual healing. Bring your special healing techniques and gifts to share with others in return for theirs. Open to all and free. Bring a massage table if you have one. $2 donation. Call 734-677-8211; paulasteele@comcast.net.

Relaxation & Stress Management

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Sept. 3, 12-1:30 p.m.; Part 2: Sept. 10, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your wellbeing. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Shamanism

Introduction to Shamanism with Kate Durda of Spirit Weavers • Sept. 17, 6-9 p.m. in Lansing • Experiential training in the Shamanic Journey. One of the most remarkable methods to enter into the world of spirit, or non-ordinary reality, to access personal truths, healing and peace, and to enhance creativity, and oneness with the world. $35. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Shamanism Apprenticeship Program with Kate Durda and Stephanie Tighe of Spirit Weavers • First Meeting Nov. 15 in Lansing • Year-long apprenticeship program begins November 15. For detailed information about this program, call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Shamanism and the Spirits of Nature with Myron Eshowsky of Spirit Weavers • Sept. 20-21 • From ancient times, shamans have worked with the spirits of Nature for healing, survival and knowledge. By learning from the plants and animals, from the rocks and mountains, from the winds and waters, and from the sun, moon and stars, shamans helped their peoples live in harmony with the universe. By working together intensively through shamanic journeys and other spiritual experiences, we will dedicate ourselves to working in both ordinary and nonordinary reality to restore and maintain a living Earth. Prerequisite: Foundation for Shamanic Studies Basic Workshop: The Way of the Shaman. $195. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Shamanism: Spiritual Practice for Daily Life with Kate Durda of Spirit Weavers • Nov. 1, 10 a.m.-5 p.m. in Lansing • Experiential training in the Shamanic Journey. One of the most remarkable methods to enter into the world of spirit, or non-ordinary reality, to access personal truths, healing and peace, and to enhance creativity, and oneness with the world. $65. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Singing & Voice

Holistic Vocal Training: Group Singing Classes with Jesse Richards • Six week session starts Sept. 20; Saturdays, 10:30 a.m.-Noon • Holistic Vocal Training enables you to sing your best while developing greater self awareness, technical expertise, creativity and confidence. All vocal styles and levels welcome! Holistic Vocal Training is also beneficial for song writers, public speakers and those engaged in personal healing. $120. Call 995-2972; jessing@msen.com.

Saturday Small Group Voice Class with Kathleen Moore • Bi-monthly Saturdays, 11:15 a.m.-12:15 p.m. • Fun, meaningfully informative, freeing, these beginning level classes are for adults who want to learn to use their voices with greater expression and effectiveness. Through exercise, song and speaking, your vocal range, projections, quality, confidence and breathing are all improvement objectives. Share your story. $30 each. Call 668-8146; moorevoice@earthlink.net.

Singing with Your Spouse! with Kathleen Moore • Bimonthly Wednesdays, 6:15-7:45 p.m. • Bring the aliveness of singing into your life partner relationship. Open to singers of all types and talents, and to couples of mixed and same race, sex, religion... $50 per couple per session. Call 668-8146; moorevoice@earthlink.net.

Singing & Voice (continued)

Teen Voice! with Kathleen Moore • Bimonthly Thursdays, 6-7:30 • For complete description see Kids and Young Adults section.

SpiritSong: Coming Home to Ourselves with Layla Ananda through Gateways Center for Life Enrichment • Sept. 20, 7:30 p.m. • In this evening of celebration, of connection to the pure light within each of us, Layla will give vision and voice to the clear channel to spirit that we each possess. She will sing of the elements: wind, water, earth and fire, and of the journey home to a deep love and clear purpose for ourselves, during our time here on earth. Through the expression of her music, it is Layla's hope that those who listen will hear the invitation to dwell in their own place of spiritual connection and self-love. $5-$20 sliding scale. Call 677-8889.

Spiritual Development

Crazy Wisdom Bookstore Salon facilitated by Lucinda R. Kurtz • Third Thursday of September, October, November; 7:30 p.m. in the Crazy Wisdom Bookstore Tea Room • Join us as we continue our community Salon, a welcome opportunity for exporation and inquiry where diverse opinions and perspectives are invited and shared respectfully. For more information, contact Lucinda Kurtz at 665-9160; lucindakurtz@comcast.net.
Sept. 18: Journeys of Our Spiritual Leaders with Sharada Kumar, Acharya (spiritual teacher) of Chinmaya Hindu Mission; Aura Glaser, Ph. D. and Co-founder and Teacher of Jewel Heart Tibetan Buddhist Center; and Brian O'Donnell, Student and Teacher of Pathwork and psychotherapist. **PLEASE NOTE: Fragrance free environment please.**
Oct. 16: Varieties of Spiritual Paths with Bronwen Gates, Botanist, herbalist, healer and mystic; Elizabeth Alberda, Mother's path; and Michael Andes, MSW, Clinical social worker and artist.
Nov. 20: Wisdom of Our Elders with Max Heirich, Ph.D., Co-founder of Michigan Holistic Health Association, academic and healer; Bill Bliss, Co-founder of Quaker Environmental Association, retired engineer and naturalist; Barbara Brodsky, Spiritual director of Deep Spring Center and dharma teacher; and Dorothy Ann Coyne, Yoga and meditation teacher and grandmother of five children.

An Invitation from the Andes: An Evening of Wisdom and Sharing with Andean Master Iachak, Don Alberto Taxo of Ecuador • Sept. 16, 7:30-9:30 p.m. at the Crazy Wisdom Community Room • Master Iachak, Don Alberto Taxo invites people into the world of the condor - the world of feeling fully, connecting with the elements and participating in life from the wisdom of the heart. Don Alberto will speak, answer questions and give the opportunity for experiencing the path of the condor, according to the energy and needs of the people present. $20. Call Martha Stoner at 734-428-9472; waycard@yahoo.com or Helen Slomovits at 665-0409, helens22@comcast.net.

Take the Next Step: A One-Day Workshop with Andean Master Iachak, Don Alberto Taxo of Ecuador • Sept. 21, 10 a.m.-4 p.m. • Take the next step into the light, a step into the experience of living your life with mind and heart in balance. Don Alberto Taxo of the Andean tradition will lead us in experiencing our connection to the elements and our own hearts. This power of connection and heart, in his tradition, is called the power of the condor. It is meant to be in harmony and balance with the power of the eagle, the power of the mind and material prosperity. In Andean tradition, there is a prophecy that the time will come when the eagle and condor would fly together in the same sky, and that Andean wisdom would play an important role in bringing about that harmony and balance. $100. Call Martha Stoner at 734-428-9472; waycard@yahoo.com or Helen Slomovits at 665-0409, helens22@comcast.net.

Immerse Yourself in the Path of the Condor, the Path of Connection with Andean Master Iachak, Don Alberto Taxo of Ecuador • Sept. 26, 7-10 p.m. and Sept. 27-28, 10 a.m.-4 p.m. each day • This is a rare opportunity to spend an extended time with master Iachak, Don Alberto Taxo, and if you wish, to begin an apprenticeship with him. This apprenticeship program involves study in the U.S. and Ecuador for two years. Don Alberto will guide us in experiencing our connection with the elements and our own hearts. He has the wonderful ability to make profound truths seem simple and self-evident, and to hold a space that makes it easy for each participant to create the experiences they need to reconnect to nature and their own hearts, and learn to live life feeling fully and expansively. $350. Call Martha Stoner at 734-428-9472; waycard@yahoo.com or Helen Slomovits at 665-0409, helens22@comcast.net.

Theology I Series with Julie Vieira through Visitation • Sept. 28, Oct. 12, 19, 26; 4-5:15 p.m. • Sept. 28: What is Faith? This topic looks at the meaning of faith within the broader spiritual quest for God. We will look at the story of our Christian faith: the traditions, history, spirituality and rituals which give expression to the development of faith as personal knowledge and experience of God.
Oct. 12: What is Theology? Theology has been explained as "faith seeking understanding." It is a systematic reflection on the elements of our faith journey as they are connected to one another, scripture, tradition, the world and cosmos. It is a way that the church explores the mystery of God and faith.
Oct. 19: What is the Church? The church is the people of God, the Body of Christ. It participates in the mystery of God, and is always evolving as the Spirit continually inspires and guides the community of believers. This topic explores the history, traditions and ministry that have shaped the church.
Oct. 26: What is the Christian Story of the Origins of the Cosmos? Using the two creation accounts from Genesis, we will explore the meaning and implication of God's creation. We will look at parallels in other creation stories. $30 for the series or $10 per session. Call 734-242-5520; visitation@ihmsisters.org.

Open House: For Those Who Wonder at Visitation • Oct. 5, 4-6 p.m. • Please stop in at the barn-chapel to share your thoughts, ideas and questions with the Visitation Spirituality Center consultors and staff. Free. Call 734-242-5520; visitation@ihmsisters.org.

Spirituality of Aging with Donna Hart of Visitation • Oct. 18, 9:30 a.m.-12:30 p.m. • Are we growing up or down? In or out? A brief overview of Karl Jung's stages of the human journey, The Morning, Afternoon and Evening of Life with its implications for daily living. Woven into the reflection are the insights from the Hebrew and Christian scriptures which illuminate, strengthen and transform our journey. $10 goodwill offering. Call 734-242-5520; visitation@ihmsisters.org.

Ethics Series with Julie Vieira of Visitation • Nov. 16 and 23, 4-5:15 p.m. • Nov. 16: Scriptural Ethics: Christian morality evolves from the commandments of the Exodus and the Beatitudes of Jesus' teaching. They are meant to guide the formation of our conscience which shapes our attitudes and behavior.
Nov. 23: Catholic and Global Ethics. Scripture and Christian tradition are emphatic that justice and peace are integral to a Christian way of life. What are some of the key documents of our churches that address the major social injustices of our time? What values emerge from sacred scripture and how is the Spirit moving us to apply them in our world today? $10 per session. Call 734-242-5520; visitation@ihmsisters.org.

> There is only one you.
>
> - Fred Rogers

Gifts for the Lightworker with Ann Burton of The Inspired Leader's Network • Sept. 6, Oct. 4 or Nov. 1; 1-6:30 p.m. • Awaken to life purpose, magnify your life purpose, align with the divine plan - gifts of energy and light, and celebrate love. Based on the ageless wisdom and guided meditations by Orin and Sanaya Roman. Includes guidebook, flower essences, essential oils, newsletter and many gifts of energy and light. $65. Call 810-231-9219; aburton@inspiredleaders.org.

An Introduction to the Pathwork Teachings: A Lecture Study/Process Series • Four day-long workshops offered Saturdays or Sundays, 10-6 p.m.; Dates to be announced • This four-part series combines lecture study with process work to teach and experience the basic concepts expressed in the Pathwork lectures. Using a thematic approach, this series creates and deepens personal understanding of the teachings through education, discussion and the application of these concepts to one's own life. The four parts are: Returning to Wholeness: Navigating the Journey of the Soul, Who Am I Really: An Exploration of the Levels of the Human Personality, The Origin of the Wound: Exploring Child Consciousness, and Developing the Conscious Ego: A Spiritual Practice. $125 each. Call Lisa Wolf at 930-0864.

Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • First Tuesday of each month, 7-9 p.m. • This group combines the psychological and the spiritual to discover the "soul's journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

Merkaba Support Group with Lorna Brown through Gateways Center for Life Enrichment • Oct. 26, 1-5 p.m. • Join other Flower of Life graduates in a time of support, renewal and sharing with this ongoing group. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Satsang with Solane Verrain of Ann Arbor Satsang • Oct. 3, 7:30-9:30 p.m. and Oct. 4, 10 a.m.-5 p.m. • Satsang is an open inquiry into the truth of our being. Through discussion, exercises and meditation, our realization of this truth is clarified and deepened. Shared in the lineage of Ramana Maharshi, Papaji, Gangaji and Eli Jaxon Bear. $10 for Friday. $50 for Saturday and Sunday each day. Call John Cardwell at 994-5320; johncardw@juno.com.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Presence. Free. For dates, call 996-1332; jmidd@comcast.net.

Finding Hope for the Crying Heart with Kirk Laman • Sept. 6, 10:30 a.m.-1 p.m. at the Crazy Wisdom Community Room • Learn how to still the heart's inner turmoil and find peace for the heart's sadness, through the Sufi technique of the remembrance. $15. Call 734-222-9861 or 517-206-0911; klaman@drlaman.com.

The Complete Life: Discovering the Way of Love with Kirk Laman through Shadhuli Sufi Center of Peace and Mercy • Dec. 6, 10:30 a.m.-1:30 p.m. • Is your life not working? Are you searching for something to make life complete? Discover how you can directly experience the deep love of God and find peace that passes all understanding. $15. Call 734-222-9861 or 517-206-0911; klaman@drlaman.com.

The Crazy Wisdom Calendar

Sufi Prayer and Chanting with Kirk Laman through Shadhuli Sufi Center of Peace and Mercy • Ongoing Thursdays and Sundays, 7-9 p.m. • Find hope for your crying heart through the Sufi way of love. Experience the deep love of God. Join us for Sufi prayer and chanting. Free. Call 734-222-9861 or 517-206-0911; klaman@drlaman.com.

Tai Chi & Martial Arts

Tai Chi with Evelyn Craig through Visitation • Aug. 26, Sept. 2, 9, 16, 23, 30; 7-8:15 p.m. • Tai Chi invites us to be attentive and deeply focused in the center of our being. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $45. Call 734-242-5520; visitation@ihmsisters.org.

Tai Chi Chuan Beginner Class with Master Wasentha Young • Sept. 8-Dec. 6; Mondays, 6-7:15 p.m. and Saturdays, 10-11:15 a.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Tai Chi Chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Push Hands with Master Wasentha Young • Sept. 8-Dec. 6; Tuesdays, 8:15-9:15 p.m. • After completing the Tai Chi Chuan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield and neutralize force, ripples outside the class as one gains a sense of personal boundaries as they relate to oneself and others. $145. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword with Master Wasentha Young • Sept. 8-Dec. 6; Wednesdays, 8-9 p.m. • The Tai Chi Chuan Sword Form (double edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element water, and is therefore considered the highest of all the weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $145. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Theory with Master Wasentha Young • Sept. 8-Dec. 6; Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of chi kung: imagery and movement, Chinese Yoga and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Exploring Qi Gong for Self Healing with Meredith Ley • Sept. 27, 10-Noon; Oct. 16, 7-9 p.m. • Our Qi, the vital energy that sustains life, can get blocked through daily situations and cause us discomfort, pain, stress and overall energy depletion. Qi Gong is the practice of breaking up energy blockages and eliminating "dis-ease" in the body. We will explore the uses of tool and exercises to reduce stress, pain and promote health and wellbeing. $40. Call 717-0213; meredithley@msn.com.

Wu Style Tai Chi Chuan with Genie Parker through Wu's Tai Chu Chuan Academy • Beginners: Thursdays, 6:30-8 p.m. or Sundays at 4 p.m.; Advanced: Tuesdays, 6-8 p.m. or Thursdays, 7:30-9:30 p.m. • Wu Style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $25 per month for one class per week or $5 drop-in per class. Call 248-229-1060; wustyle-annarbor.com or info@wustyle-annarbor.com.

Tai Chi and Qigong Movement Study with Aijo Pipho through Gaia Group • Thursdays, Sept. 11-Oct. 23 or Oct. 30-Dec. 18; 7:10-9:30 p.m. • This class teaches movement and breathing modalities that are key to de-stressing, improving balance, strength and health. Students will be shown basics through martial application, with an emphasis on generating internal chi. $110 for seven weeks. Call 223-3102.

Tai Chi and Qigong Movement Classes with Aijo Pipho through Deep Spring Center • Two 7-Week Sessions: Sept. 8, 15, 22, 29, Oct. 6, 13, 20, 10:30 a.m.-Noon or Oct. 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 10:30 a.m.-Noon • This class teaches movement and breathing modalities that are key to de-stressing, improving balance, strength and health. Students will be shown basics through martial application, with an emphasis on generating internal chi. $85 for seven weeks. Call 223-3102.

Kang Nei Chin Kung Fu with Ryan R. Wilson through Martial Medicinal Way • 8-week Basic Class: Wednesdays, Sept. 24-Nov. 12, 8:30-9:30 p.m.; Free Introductory Class Every Tuesday, 7:30-9 p.m. • This ancient Chinese art is a phenomenal tool for self-awareness and self-development. Kang Nei Chin Gung Fu (the Chinese art of unyielding internal strength) teaches classical training forms, street-smart self-defense, intuitive assessment and principles of the warrior/monk. This art is devoted to the cultivation and proper use of internal energy for heightening intuitive/full-sensory capacities, optimizing physical fitness and connecting with one's path. $139. Call Raevan at 975-9429; wuyaodao@aol.com.

Kang Nei Chin Qi Gung with Ryan R. Wilson through Martial Medicinal Way • 8-week Basic Class: Wednesdays, Sept. 24-Nov. 12, 7:30-8:30 p.m.; Free Introductory Class Every Tuesday, 7:30-9 p.m. • Learn ancient Chinese techniques of martial internal energy development for relaxation, healing and self-awareness. The focus of these classes is on bioenergetic (chi) awareness and cultivation for clearing energy blockages, revitalizing the body's primary systems and realizing one's true path and potential. Classes include classical qi gung forms, methods of breath control and energy sensitization techniques. $139. Call Raevan at 975-9429; wuyaodao@aol.com.

Hands-On Qi Gung Healing with Ryan R. Wilson through Martial Medicinal Way • 8-week Basic Class: Wednesdays, Sept. 24-Nov. 12, 6:30-7:30 p.m. or Day Seminars: Sept. 27, Oct. 25, Nov. 22, Dec. 20, 9:30 a.m.-2:30 p.m. • Qi, the vital energy of the universe, is infinitely available for use in all aspects of our lives and beings. These classes offer primary techniques and principles of ancient medicinal qi gung practices. Participants will become familiar with major and minor energy meridians, vortexes and points, intrinsic concepts of vital energy and subtle, non-invasive methods of working with this energy hands-on. $139 for class or $89 per Saturday seminar. Call Raevan at 975-9429; wuyaodao@aol.com.

Chi Gong Workshop for Self Healing with Joan Weisberg through Frances Farmer Shiatsu Therapy • Sept. 7, 9:30 a.m.-5 p.m. • Beginning Level 1 workshop for self healing includes instruction, information packet and audio tape for practicing. $120. Call 998-0004.

Initial Workshop for Beginners: Xu Gong Wei's 108 Movements Yang Style Tai Ji Quan with Allan Guilpain • Sept. 7, 11 a.m.-1 p.m. • This workshop is the initial meeting for the formation of a training group for Xu Gong Wei's 108 Movements Tai Ji Quan. The instructor will introduce this specific style and give an historical overview of Tai Ji Quan and its origins. $5. Call 994-4270 or 734-222-0027; alguilpain@hotmail.com.

Tarot & Divination

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Tuesdays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

Drop-In Tarot Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 734-429-5138 if you prefer to schedule a reading.

Tarot: Living In Your Myth with Jeanne Adwani • Thursdays, Oct. 2, 9, 16, 23, 30, Nov. 6; 7-9:30 p.m. at Crazy Wisdom Community Room • "Storying" the tarot by the use of numerology, elements and symbols. Your "life" card and "year" card. Whose story is it anyway? Every picture has many stories! $120. Call 662-8909; jeanne@intoowitgirl.com.

Fairy Oracles Group Exploration • 4-week sessions, ongoing Tuesdays beginning Sept. 16 and Oct. 21; 2-4 p.m. • Learn to develop your intuition, drawing on the magic and playfulness of the fairies. This will be a fun and joyful class! Magic happens! $100 plus your own *Faeries' Oracle* deck and journal by Brian Froud. Call 665-3033.

Theatre

Celebration with Empatheatre • Sept. 19, 8 p.m. at Kerrytown Concert House • Empatheatre invites audience members to anonymously write down their stories, real-life and otherwise, which become a springboard for the performers' improvisations. Theatergoers watch their stories come alive. Doors open at 7:15 p.m. $12-15, $10 for students and seniors. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

Twisted Tales with Empatheatre • Oct. 10, 8 p.m. at Kerrytown Concert House • Empatheatre invites audience members to anonymously write down their stories, real-life and otherwise, which become a springboard for the performers' improvisations. Theatergoers watch their stories come alive. Doors open at 7:15 p.m. $12-15, $10 for students and seniors. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

Psychodrama and Empatheatre: Dancing Partners • Oct. 12, 9:30 a.m.-3:30 p.m. • Experience the techniques we use to train Empatheatre performers - an integration of improvisation, drama therapy and psychodrama. These techniques will assist in your personal growth and life changes. Life is an improv! Bring your lunch. $95. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

The Hunt with Empatheatre • Nov. 14, 8 p.m. at Kerrytown Concert House • Empatheatre invites audience members to anonymously write down their stories, real-life and otherwise, which become a springboard for the performers' improvisations. Theatergoers watch their stories come alive. Doors open at 7:15 p.m. $12-15, $10 for students and seniors. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

Family Sculpting: Varying the Enactment with Empatheatre • Nov. 15, 9:30 a.m.-3:30 p.m. • Experience the techniques we use to train Empatheatre performers - an integration of improvisation, drama therapy and psychodrama. See how the stream of choices we make affects our daily lives. Life is an improv! Bring your lunch. $95. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

Theater (continued)

Amazing Grace with Empatheatre • Dec. 12, 8 p.m. at Kerrytown Concert House • Empatheatre invites audience members to anonymously write down their stories, real-life and otherwise, which become a springboard for the performers' improvisations. Theatergoers watch their stories come alive. Doors open at 7:15 p.m. $12-15, $10 for students and seniors. Call 913-9733; www.empatheatre.org or empatheatre@yahoo.com.

Therapy & Support Groups

Book Signing and Talk with Ann Welly and Sue Wilhelm, Authors of *Woven From the Threads of Abuse* • Sept. 27, 4:30 p.m. at Crazy Wisdom Bookstore • In a society more aware of sexual abuse than ever before, we need to find the path to healing and reconciliation. This book is filled with wise guidance for that journey: gripping personal stories that invite reflection, deep prayers that stir the soul and solid spiritual exercises that lead to greater integrity. The authors, who demonstrate a great sense of compassion, have taken threads of grief and anger and woven them into a powerful invitation to new hope. Free. Call Carol Karr at 665-2757, information@crazywisdom.net.

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Dates and times to be determined • Concrete strategies for getting a grip on anxiety, from excessive worry (generalized anxiety disorder) to panic and phobias. Uses the treatment of choice for anxiety: cognitive-behavioral therapy. $30 per session. Call Laurie at 222-4655; lkrauth@comcast.net.

Obsessive Compulsive Disorder: Gaining Mastery over OCD with Laurie Krauth • Dates and times to be determined • This 9-week group will use cognitive-behavioral therapy (CBT) to teach participants how to reduce and manage their symptoms. $30 per session. Call Laurie at 222-4655; lkrauth@comcast.net.

Eating, Weight and Body Image Disorder Treatment Training and Supervision Group with Judith Banker of Center for Eating Disorders • Second Tuesday of each month beginning Sept. 9, 9-10 a.m. • Case consultation and training group for health care professionals meets on an ongoing basis. New members welcome. $25 per meeting. Call 668-8448; banker@umich.edu.

Women's Psychotherapy Group with Suzanne Eastman • Wednesdays, 7-9 p.m. • Openings for women committed to personal growth using transpersonal tools. Nurturing, honest, intimate. $25 per session. Call 665-9588; suzanne@sunward.org.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Third Tuesday of each month, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 12 Sundays beginning Sept. 14, 6:30-8:30 p.m. • Tapestries is a group for survivors of sexual trauma that is oriented towards building and strengthening skills and resources for reducing the physical, emotional and spiritual impact of that trauma, and providing emotional safety and support. $50 with sliding scale available per session. Call Anita at 332-0669.

Spiritual Growth Support Groups with Lucie Nisson • Mondays Noontime and Tuesday Evenings • Open groups with a "no cross talk" format. Be in the present moment, speak and listen from an open heart, experience spirit in yourself and others, and find and follow your guidance in an unconditionally accepting environment. Sliding scale fee. For dates and times, call 302-4065; lnisson@comcast.net.

Emotional Healing for Women with Chronic Illness or Pain with Erica Dutton of Wellspring Counseling • Dates and times to be determined • For many of us who have chronic illness and/or pain, our old way of living doesn't work anymore. We're too tired and have too much pain to work or play the way we used to. Now we have to create a new life for ourselves, finding ways to live life as fully as possible. Typical issues discussed are anxiety, depression, coping with feelings, moving from denial to acceptance, practical strategies for coping with pain and fatigue and family and work issues. Members will set individual goals and work toward accomplishing them in the ten-week sessions. $350. Some sliding scale available. Call 734-677-3056; eldutton@wccnet.org.

Anorexia/Bulimia Support Group with Cindy Gault of Center for Eating Disorders • Every Monday, 6-7 p.m. • This ongoing, drop-in group is for individuals experiencing symptoms of chronic self-starvation or food restriction, intense fear of fat, binge-purge patterns, exercise addiction, distorted body image or chaotic eating patterns. The group is discussion-based and psychoeducational and is not a substitute for treatment. $5 donation. Call 668-8585; cgault@umich.edu.

Compulsive/Binge Eaters Support Group with Cindy Gault of Center for Eating Disorders • Every Thursday, 5:30-6:30 p.m. • This ongoing, drop-in group is for individuals experiencing compulsive overeating patterns, overweight, yo-yo dieting, body shame or emotional eating. The group is discussion-based and psychoeducational and is not a substitute for treatment. $5 donation. Call 668-8585; cgault@umich.edu.

Travel

Drum, Dance and Balafon Trip to Guinea, West Africa with Like Water Drumworks • March 2004 for three weeks • Challenge your self, depart from your comfort zone and shake up your priorities. Drum, dance and play balafon every day with African masters, learn traditional arts, and eat fresh, healthy food. Trip includes airfare, food, transport, lessons and a djembe drum. $2,850. Call Ryan Edwards at 734-475-3158; likewaterdrumworks@hotmail.com.

Journey to Ecuador with Master Iachak, Don Alberto Taxo sponsored by The Shunguan Center for Intercultural Studies • Nov. 28-Dec. 6, 2003 • Spiritual teacher and healer Don Alberto Taxo of the Kichwa people of the Andes invites you to visit him in Ecuador, the land of the Condor, for personal physical, emotional and spiritual rejuvenation. We will spend a day at a lovely hot springs resort, and then travel to a small community of Kichwa people nestled in the folds of thickly forested mountains. For five days, we'll live with a Kichwa family while receiving teachings from Don Alberto and from the earth, wind, fire and water of this area. There will also be chances to visit sacred springs, walk in a cloud forest, eat nourishing food and gently rest mind, body and spirit. $2,100 includes food, lodging, transportation within Ecuador and tuition for teachings. Airfare to and from Ecuador is not included and recently has been $850. Call Martha Stoner at 734-428-9472; waycard@yahoo.com.

Womenspirit

A Mini Retreat for the Busy Woman with Margaret Gaffney through Visitation • Oct. 25, 9:30-11:30 a.m. • For many of us, our professional and personal lives demand all of our emotion and psychic energy. In this mini retreat, we will have the opportunity to nurture and refresh our inner needs. We will related to our God through scripture stories and quiet time for personal reflection. Perfect for parents, educators, caregivers, healthcare professionals or anyone who would like to take a little time to spend with their God. Free will offering. Call 734-242-5520; visitation@ihmsisters.org.

Essence Point Women's Circle • Third Tuesday of each month: Sept. 16, Oct. 21, Nov. 18, Dec. 16; 7-9 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 428-8748.

Work & Right Livelihood

Empowering Employees with Michael Whitty, Ahua Budu Watkins and Margaret Dwyer through University of Detroit Mercy College of Business Administration • Nov. 8, 8:30 a.m.-3:30 p.m. • Put more soul into your work. Create balance between home and work. Reduce stress, build your legacy and create your future success and life destiny. $35. Call 248-594-7596; whittymd@udmercy.edu.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 8, 10-11:30 a.m.; Part 2: Sept. 22, 10-11:30 a.m. • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Writing & Poetry

Write Now: Claiming and Expressing Your Creative Voice with Jill Blixt • Ten Tuesdays beginning Sept. 30, 6:30-9:30 p.m. • Do you have a story that wants to be written? Have you longed to write but haven't made time or space in your life to do so? Join a group of like-minded people and build your confidence and skills as a writer. This workshop is for anyone who wishes to write. All that is required is willingness. Whether you want to write fiction, non-fiction, poetry or memoir, you are invited to take action and write *now*. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Yoga

Classical Yoga with Bharti Shah • Call for dates and times • Experience how yoga can enhance your flexibility, strength and wellbeing. This class takes a holistic approach emphasizing both physical and emotional health. The practices will include asanas, pranayamas and relaxation. $8 per session with sign-up or $10 drop-in. Call 623-2091; bshah_hm@hotmail.com.

Vinyasa "Power" Yoga and Kundalini Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • If you are looking for a new and authentic yoga experience, join a Vinyasa or Kundalini yoga class. Small sized classes allow for individual attention and manual adjustments. For times, dates and cost, call 761-8409; cdeburton@hotmail.com.

Yoga with Claudia Ogden of Visitation • Thursdays, Sept. 25-Oct. 30; 7-8:30 p.m. • This Hatha Yoga class is a blend of gentle stretching using various yogic postures along with breathwork and meditation to help calm body, mind and revitalize spirit. $55. Call 734-242-5520; visitation@ihmsisters.org.

Levels 1, 1-2, 2, 2-3, 3 Hatha Yoga Classes with Cathy King, Martha Laatsch, Lynette Smith and Barbara Brookens-Harvey through Inward Bound Yoga Program at Friends Meeting House • For brochure of complete information, call 327-4963; info@ibyoga.com.

Astanga Yoga with Jonathan Tyman of Inward Bound • Saturdays, 8:15-10 a.m. • For complete information, call 997-9344; tyman@internet2.edu.

The Crazy Wisdom Calendar

Yoga Mix with Cathy King of Inward Bound • Mondays, 4:30-5:30 p.m. • For complete information, call 517-592-8017; kingcm@dmci.net.

Astanga to Music with Barb Linderman of Inward Bound • Tuesdays, 7:15-8:45 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Slow Flow with Ava Gilzow of Inward Bound • Tuesdays, 4:30-5:30 p.m. • For more information, call 994-3316; sgilzow@umich.edu.

Wake-up Yoga with Barb Linderman of Inward Bound • Wednesdays, 7:30-8:30 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Postures to Sacred Music with Barb Linderman of Inward Bound • Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562; gfl@umich.edu.

Wake-up Yoga with Barb Linderman of Inward Bound • Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Prenatal Yoga with Marlene McGrath of Inward Bound • Fridays, 9-10:30 a.m. • For complete information, call 930-1970; marmamalia@yahoo.com.

Postnatal Yoga with Marlene McGrath of Inward Bound • Fridays, 10:45 a.m.-12:15 p.m. • For complete information, call 930-1970; marmamalia@yahoo.com.

Kripalu Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 9:30-11 a.m. or Thursdays, 10-11:30 a.m. • For more information, call 930-0192; bernidot@aol.com.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Wednesdays, 4:30-5:15 p.m. • For more information, see complete listing under Kids & Young Adults, or call 994-6130; billbarbmo@msn.com.

Yoga Class through Zen Buddhist Temple • Six Tuesdays beginning Sept. 9 and Oct. 28; Yoga I: 6-7:15 p.m., Yoga II: 7:30-9 p.m. • Beginning and experienced students will learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructors, Rev. Haju Murray and David Black, were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520; a2buddha@provide.net.

Ashtanga Yoga Classes with Rafael Abrams • Mondays, 7:30-8:30 p.m.; Tuesdays, 6-7:30 a.m.; Wednesdays, 7:30-8:30 p.m.; Fridays, 7:30-8:30 p.m.; Sundays, 8-10 a.m. • Ashtanga Yoga is a 2,500 year old practice. In this class, we follow an exact sequence of postures. Students will build strength, flexibility and a healthy body and mind. First class is free. For dates and costs, call 248-467-4121; rafael_abrams@yahoo.com.

Northern Ashtanga Yoga Retreat with Rafael Abrams • October 2003 • This will be a 2-3 day yoga retreat. We will be in Northern Michigan near Gaylord to enjoy the changing leaves and become more fully immersed in yoga. For dates and cost, call 248-467-4121; rafael_abrams@yahoo.com.

Yogamoves I with Gail Rucker of Ommoves Studio • Sept. 9-Dec. 19: Tuesdays, 6:45-8 p.m. or Fridays 10:30-11:45 a.m. • The basics of alignment, attitude and action - yoga philosophy, classical postures and creative poses. Discover yoga from the inside, supported by Anusara-style alignment principles. No previous experience necessary. $15 for a single class. $11 per class in a series. $150 for unlimited yoga classes for four months. Call 994-3777; mymoves@aol.com.

Yogamoves II with Gail Rucker of Ommoves Studio • Sept. 9-Dec. 19: Tuesdays, 5:15-6:30 p.m. or Fridays 9-10:15 a.m. • Building on the accomplishments of the basic poses by facing the challenges and rewards of postures of greater difficulty, longer holds and more creativity. A year or more of experience is suggested. $15 for a single class. $11 per class in a series. $150 for unlimited yoga classes for four months. Call 994-3777; mymoves@aol.com.

Yogamoves for Families with Gail Rucker of Ommoves Studio • Saturdays beginning Sept. 13, 10:30-11:30 a.m. • Share yoga postures and practices in a class reserved for your family alone - private, contemplative and playful. Yoga means union, so bring your family together for fun and learning. Reserve your time now. Appointments are necessary. $60 for one hour. $75 for 90 minutes. Call 994-3777; mymoves@aol.com.

Expressive Yoga with Gail Rucker of Ommoves Studio • Mondays, Sept. 8-Dec. 15; 6-7:15 p.m. • A free form experience of yoga, movement, sound and symbols. Explore the mind, body, spirit interplay. It's spiritual, primal and playful. Open to all interested movers. Yoga experience is helpful. $15 for a single class. $11 per class in a series. $150 for unlimited yoga classes for four months. Call 994-3777; mymoves@aol.com.

Phoenix Rising Yoga Therapy Introductory Experience with Gail Rucker of Ommoves Studio • Sept. 17, 6-7:15 p.m. • Based on the belief that true healing takes place from the inside out, Phoenix Rising Yoga Therapy combines the ancient science of yoga with the elements of contemporary body/mind psychology. Through assisted yoga postures, guided breathing and client directed dialogue, you are brought to the edge of deep physical sensation where you may release emotions or beliefs that have manifested in chronic aches and pains and feel deeply relaxed as a result. Come learn about and experience this powerful healing art. Free. Call 994-3777; mymoves@aol.com.

The Five Tibetan Rites of Rejuvenation with Joan Weisberg through Frances Farmer Shiatsu Therapy • Sept. 4, 7-9 p.m. • The Five Tibetan Rites of Rejuvenation is a simple yoga routine of about ten minutes, which can be learned by people of all ages. The investment includes instruction and material for practicing. $45. Call 998-0004.

Polarity Yoga Posture Practice Class with Linda Greene • Wednesdays, Oct. 1-Nov. 19; 5:30-6:30 p.m. • Polarity Yoga is a simple set of postures combined with gentle movement designed to open up, augment and balance the flow of energy in your body/mind. Based on classic yoga as refined by Dr. Randolph Stone, founder of Polarity, these postures increase vitality, muscle tone, stretch and ease in moving through life physically, emotionally, psychologically and spiritually. $40. Call 662-2029, lingreene@aol.com.

Introduction to Yoga with Ema Stefanova • Saturdays, Sept. 20 and Oct. 11; 3-6 p.m. • Learn basic and easy to do traditional postures, breathing, relaxation and meditation from Satyananda Yoga. Video and audio tapes available for your daily practice as well as handouts and books. Not only for the physically fit! For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Chakra Meditation Workshop with Ema Stefanova • Dec. 7, 10 a.m.-1 p.m. • The subtle yoga physiology of the chakras and energy channels will be explained and traditional yoga techniques for chakra and kundalini awakening will be practiced. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Pranayama: Yogic Breathing with Ema Stefanova • Sept. 27 and Nov. 22, 3-6 p.m. • You will learn basic breathing methods, balancing and tranquilizing pranayama, and how to expand your awareness to always meditate on the breath, better health being only one of the byproducts. For times and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Kids and Parents with Ema Stefanova • Saturdays beginning Sept. 20, Noon-1 p.m. • This class uses an approach to postures, breathing and meditation appropriate for children ages 4-6. Fun for the whole family! For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Teens with Ema Stefanova • Saturdays beginning Sept. 20, 1:15-2:30 p.m. • This class is specially designed for this age group and includes postures, breathing, relaxation and meditation that have been practiced by adolescents in traditional yoga training through the centuries and is still effective today. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Adults with Ema Stefanova • Sundays, 5 p.m.; Mondays, 4:45 and 6:30 p.m.; Wednesdays, 6 p.m.; Tuesdays, Wednesdays, Thursdays 7:15 a.m. or 9:30 a.m. • We do postures, breathing, relaxation and meditation; i.e. total body workout with the emphasis on breathing and relaxation. Yoga is not only about stretching! For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation Day with Ema Stefanova • Sept. 28 and Nov. 16 • Relax and recharge with yoga and meditation. Quality guidance and macrobiotic lunch provided. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Class, Beginning Level Iyengar Style with Nancy Udow of The Yoga Space • Sept. 15-Dec. 18; Mondays, 7:30-9 p.m.; Thursdays, 10-11:30 a.m. or 5:45-7:15 p.m. • This is a beginning level class for those new to yoga or to the Iyengar method. Yoga helps balance strength, flexibility and endurance while teaching focus and meditation. The individual capabilities and needs of each student are accommodated in this method. $130. Call 662-9600; www.yogaspace.info.

Yoga Class, Beginning Level Iyengar Style with Sally Rutzky of The Yoga Space • Saturdays, Sept. 13-Dec. 20; 11:15 a.m.-12:45 p.m. • See above description. $130. For times, call 662-9600; www.yogaspace.info.

Yoga Class, Beginning Level Iyengar Style with Sue Salaniuk of The Yoga Space • Sept. 16-Dec. 17; Tuesdays, 7:30-9 p.m. or Wednesdays, Noon-1:30 p.m. • See above description. $130. For times, call 662-9600; www.yogaspace.info.

Yoga Class, Intermediate Level Iyengar Style with Sue Salaniuk of The Yoga Space • Sept. 12-Dec. 19; Mondays or Tuesdays, 5:45-7:15 p.m.; Wednesdays or Fridays, 9:30-11 a.m. • Intermediate level classes are for students with experience in the Iyengar method of yoga. Students are expected to have begun a personal practice. Individual students capabilities and needs are accommodated in this method. $130. Call 662-9600; www.yogaspace.info.

Yoga Class, Intermediate Level Iyengar Style with Sally Rutzky of The Yoga Space • Saturdays, Sept. 13-Dec. 20; 9:30-11 a.m. • See above description. $130. For times, call 662-9600; www.yogaspace.info.

Yoga Class, Intermediate Level Iyengar Style with Nancy Udow of The Yoga Space • Sept. 16-Dec. 18; Tuesdays, 11:15 a.m.-12:45 p.m. or Thursdays, 7:30-9 p.m. • See above description. $130. For times, call 662-9600; www.yogaspace.info.

Yoga Class, Continuing Level Iyengar Style with Sue Salaniuk of The Yoga Space • Sept. 12-Dec. 19; Wednesdays, 5:45-7:45 p.m. or Fridays, 11:15 a.m.-1:15 p.m. • Continuing level classes are for students who have several years experience in the Iyengar method and have a strong personal practice. Classes cover all of the categories of poses including inversions, back and forward extensions, twists, standing and balance poses with accommodations for individual capabilities. $175. For times, call 662-9600; www.yogaspace.info.

Yoga Class, Ageless Level Iyengar Style with Nancy Udow of The Yoga Space • Sept. 16-Dec. 16; Tuesdays, 9:30-11 a.m. • The ageless class is for new or experienced students who need a slower class. It is not a therapeutic class but does accommodate for individual capabilities. $130. For times, call 662-9600; www.yogaspace.info.

Teachers, Lecturers,

Photo by Linda Lawson

> "Doctors attending my birth predict possibly three years. By the time I'm eight impermanence lives in my bones. Since they say my life is destined to be very short, I think my mother must know when it will end. Somehow, she is the keeper of my information and won't tell me… Growing up with a disability and having a keen sense of my own mortality from a very young age, I struggled in a culture that worships youth, beauty and long life, absorbing projections of my culture. Throughout much of my life I've run from my own image in the mirror, distanced from my body…Today, I create new pathways for myself. Today, I celebrate my uniqueness; today I feel whole."
>
> —Charleen Berels (1951-2003) Ann Arbor Artist, Poet and Dancer

Aaron "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

Rafael Abrams has been to India and studied with Patthabhi Jois.

Jeanne Adwani has been involved with the Stories of Tarot since the early 70's. She has done personal/couple readings since the early 80's and has been teaching for three years.

Laurie Akerros, BA, MA is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 20 years of training and experience in alternative healing modalities, including cranial-sacral therapy, esoteric healing, massage and vibrational essence therapies.

Elizabeth Alberda, an American shaman, trained in bioenergetics, soul retrieval and has been a teacher for 35 years.

Layla Ananda (Sheila Ritter) is the creator of SpiritSong, a program of songs, poetry and experiential work to assist people in finding peace and self-acceptance. She has an MA in Clinical and Humanistic Psychology, and over 20 years experience as a clinician, teacher and performer.

Jane Anderson, co-founder and teacher of the Ann Arbor Institute of Massage, has had extensive advanced training in a wide range of modalities, including certification in Musculoskeletal Injury Evaluation, Manual Lymph Drainage and Myofascial Therapies. In her private practice, she specializes in Neuromuscular Therapy and Craniosacral Therapy.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 to 18 years.

Jorge Arenivar of St. Louis, Missouri, is a Native American teacher and piper carrier of the Lakota tradition.

Arts in Motion Dance Studio offers a well-rounded dance education for all ages and abilities with an emphasis on musicality and creativity.

Astrology Study Group of Washtenaw County is a consortium of serious astrology students and professionals who have been meeting since 1994. They use their association in order to present astrology in a positive and professional manner, network, sponsor lectures and workshops and to learn from one another.

Dianne Austin, Carol Blotter, Cassie Cammann, Dave Coupland, Dorothy Ann Coyne, Anna Marie Heinrich, Susan Klimist, David Lawson, Frank Levey and Susan Weir are senior Deep Spring Center teachers who have many years of Vipassana practice and teaching experience and training through the DSC teacher's training program.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing in San Francisco and Ann Arbor for 18 years.

Marliesa Back is an animal communicator and intuitive, and a traditionally trained Reiki Master.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher.

Judith Banker, MA, LLP is a founding director of the Center for Eating Disorders and owner director of The Therapy Center of Ann Arbor. She has over 27 years of clinical training and experience in the field of eating disorders, obesity and body image treatment.

Beth Barbeau has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula and homebirth midwife.

Diane Barnes has been professionally involved with the breastfeeding and birthing community for the past 20 years. She started DoulaCare in 1985, one of the first postpartum doula services in the country.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. She presents coaching, personal development workshops and creativity training sessions to individuals, businesses and non-profit and educational communities. She has studied with Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris, among others.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

Amy Bogetto-Weinraub, MM, MT-BC is a board certified music therapist who works with adolescents and adults diagnosed with mental health disorders. She works on the inpatient and partial psychiatric units of St. Joseph Mercy Hospital.

Margaret Brennan, IHM has taught theology at the university level in the U.S. and Canada.

John Bodary, Karen Kerns, Renee Rutz, Sandra Papiez and Maureen Frisbie are Registered Polarity Practitioners.

Barbara Boyk, PhD has been creating forums for personal and spiritual growth and development for 20 years. She currently works with adults in psychotherapy, and also offers ceremonies, prayer circles, holiday celebrations and personal growth and healing.

Ztaise A. Bradley, NCTMB received certification in Therapeutic and Swedish massage at the New Mexico Academy of Healing Arts in Santa Fe.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan has 20 years experience working as midwife, doula and childbirth educator. She is Executive Director of Center for the Childbearing Year and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns & Alternatives Sourcepack.*

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Barbara Brookens-Harvey is a child development specialist that has been teaching yoga to children for three years. She is a certified Radiant Child Yoga Teacher.

Lorna Brown has presented seminars and workshops in relaxation, meditation, altered states and metaphysics since 1972. She is a Melchizedek priest, serves as a spiritual coach and healer and performs personalized wedding ceremonies.

Brodie Burris has had training in Okazaki restorative massage, Swedish and Chinese tui-na massage, as well as a Masters of Science in Traditional Chinese Medicine. He has practiced acupuncture and Chinese herbology in Ann Arbor for five years.

Ann Burton holds a PhD in Human Services with special interests in women, intuition, spiritual growth and spiritual leadership. She has spent over 20 years exploring spiritual principles.

Gayuna Cealo is a Burmese Buddhist monk. He is revered as a saint throughout Asia for his spiritual advancement and his works of charity for the children of Burma and Cambodia.

Center for the Childbearing Year is a non-profit educational and charitable agency founded by Patty Brennan.

Cynthia Conklin is a certified Ohashiatsu Consultant and has practiced shiatsu professionally in Ann Arbor for three years.

Priscilla Costello is a counseling astrologer, teacher, lecturer and writer based in Toronto.

Dorothy Ann Coyne is a senior Deep Spring Center teacher.

Evelyn Craig, IHM studied Tai Chi Chuan in Berkeley, CA while on sabbatical in 1994. She is the Membership Coordinator for the IHM Sisters and uses her belief in wisdom of the body in retreats, presentations and many creative approaches to prayer and spirituality.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Kirk Dennis has studied with Surrenderji, Krishnamurti, Da Free John and A.H. Almaas. He is a grandfather, living with his wife in Colorado, where he runs his video teleconferencing business.

Eileen Dickinson has been a Physical Therapist for 25 years and Certified Trager Practitioner for five years.

Jerri L. Dodge has been the Crazy Wisdom Tearoom Manager for more than one year and is now manager of both the bookstore and tearoom. Well versed in the history, origin and production of teas, she has trained tearoom staff and taught a class at Kerrytown Kitchen Port as well as educated many tearoom guests on teas.

Kate Durda, MA is a shamanic practitioner, esoteric healer, educator and developmental psychologist. She presents workshops on shamanism in the U.S. and Canada and is co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism.

Workshop Leaders and the Centers

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 25 years experience. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome and fibromyalgia. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness* and has lived with a chronic illness for 20 years.

Suzanne Eastman, MS, LLP, CSW, conducts dream and therapy groups, individual therapy and leads workshops with a background in Depth Psychology with Jungian, Buddhist, Shamanic, Bioenergetic and Gestalt influences. She chiefs sweat lodge ceremonies and assists people in developing personal rituals.

Ryan Edwards has had formal Western music training and ten years teaching experience. He travels to Africa every year to further his understanding of African music.

Empatheatre has presented unscripted, improvised performances in Ann Arbor for 9 seasons. Through spoken language, movement and music, the performers offer images of life as brief glimpses of our own character and values. The performances are often both humorous and unnerving, uncovering essential truths about ourselves and the culture in which we live.

Myron Eshowsky, MS has been a psychotherapist for over 25 years and has written extensively on the application of shamanic methods to psychotherapy. He has been studying and practicing shamanism for over 30 years and teaching shamanism for over 15 years.

Essence Point Spiritual Center is a non-profit spiritual network that evolved 5 years ago from The Practical Psychic Center with John Friedlander and Donna Ryen. Essence Point was created to include the experiences of others working in different ways with metaphysics and spirituality and to share this with the community.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Susan Fancy has experience with flower essences, crystals and stones, aura/chakra techniques and color/sound techniques. She is also a Reiki Master.

Frances Farmer has practiced Ohashiatsu since 1994 and became a Certified Ohashiatsu Instructor in 2002. She has had a private practice since 1992.

Linda Diane Feldt, RPP, NCTMB, NC is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Coop. She is the author of *Massage: Learning to Give and to Receive* and *Dying Again: Thirteen Years of Writing and Waiting*.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, the National Council for Geocosmic Research and the Michigan Federation of Astrology. She is the owner and operator of The Cosmic Computer Astrological Chart Service, teaches beginning astrology and does private astrological consultations.

Sandra Finkel is a life coach and consultant specializing in stress reduction and work/life balance.

Mary Finnell, ND, MH, LMT is a healing arts practitioner and educator. She integrates her work with nature, energy work, healing and somatics with the use of ritual body postures.

Lori Fithian has studied hand drumming and "rhythmacology" for the last 13 years and currently facilitates community drum circles and workshops for many different populations, from toddlers to seniors.

John Friedlander has been a professional psychic for 25 years, and is an author and teacher with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute with Lewis Bostwick. He has written *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*.

Melanie Fuscaldo, LPS, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Sally Gabany is a wife, mother, grandmother and experienced spiritual director, with a strong interest in drumming.

Margaret Gaffney, IHM is a former Michigan public school administrator and enjoys opportunities to accompany individuals on their unique journeys with God.

Bronwen Wildflower Gates, PhD, is a biologist, herbalist, holistic healer and nature mystic. A practicing metaphysician, spiritual mentor, ordained minister and friend of Faerie, she has been a practitioner of energy medicine for more than 20 years, with more than 30 years experience as a teacher and facilitator.

Cindy Gault, BSN, MSW is a psychotherapist and registered nurse. She has been involved with Center for Eating Disorders for five years.

Kathryn Gay-Andries studied at the Berkeley Psychic Institute and the School of Metaphysics. She received her holistic health practitioner degree from Body Mind College and maintains a private healing practice, specializing in mind body healing and life purpose counseling.

Gehlek Rimpoche is the spiritual director and founder of Jewel Heart. He was carefully tutored from the age of four by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gehlek Rimpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society and his skill as a teacher of Buddhism in the West. He has been teaching here since the 1970's and is also author of *Good Life, Good Death*.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Elena Gillespie is a medical intuitive, psychic and medium and is involved in alternative medicine research at U of M.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Cynthia Gormley, MSW, has been a psychotherapist for 18 years and an ordained Buddhist practitioner for 12 years. She has a private practice in Ann Arbor.

Jocelyn Granger is co-director of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth is a member and facilitator of the Ann Arbor Authentic Movement Group, and has a Master's degree in transpersonal psychology. She has also studied creativity, ritual and women's studies/spirit.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Linda Greene is a polarity therapist interested in facilitating personal soul work. She is also trained in Transformational Kinesiology and Craniosacral Therapy.

Greenrain has been exploring magick all her life and began practicing Wicca and Paganism in 1999.

Alice Greminger graduated from the Alexander Alliance of Philadelphia and has been teaching Alexander Technique since 1984.

Allan Guilpain is a therapist for Chinese Medicine in Ann Arbor. He has studied TCM and Yang Style Tai Ji Quan in China.

Angalh Ann Louise Halbisen, also known as Sameeha Rawda, studies with Sidiq Muhammad Al-Jamal, Sufi Master and spiritual guide.

Donna Hart holds several degrees including her Masters of Art in Pastoral Theology from Loyola University. She has done extensive work in retreat/prayer ministry in the Archdiocese of Detroit and Lansing.

Photo by Linda Lawson

Edward Jackson is an experienced Qi-Gong and martial arts instructor, and a massage therapist.

Maribeth Howell, OP is an Adrian Dominican Sister who complete her doctoral studies in Hebrew Scriptures at the Catholic University of Leuven, Belgium in 1986 and has been teacher of biblical studies. She is currently Associate Director of the Dominican Center for Religious Development in Dearborn Heights.

Inward Bound Yoga consists of Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman and Dennis Vogt. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Ivy has been practicing and facilitating Pagan rituals for over 11 years. She is Activities Coordinator at Seven Generations and co-founder of Sacred Path Reiki.

Jacob, channeled by Judy Crookes, is "a master teacher whose sole purpose is the empowerment of each individual through analogy, example and lots of laughter."

Edward Jackson has had twenty years experience in massage training and research in Asian massage and body repair, as well as Qi-Gong, yoga and martial arts.

Jewel Heart Instructors are senior students of Gehlek Rimpoche's whom he has designated to conduct on his behalf, Jewel Heart programs and courses.

Shaqe Kalaj earned her BFA from WSU in painting and graphic design. She teaches art privately as well as classes for adults and homeschooled children.

Martin Keck is an experienced spiritual retreat director, educator and administrator. He is also a husband, father and grandfather.

Joanne Kent graduated from AAIMT and has instructed there for several years. She is also an Athletic Trainer.

Karen Kerns, RDH, RPP CTMT, RCST, studied dental hygiene at the University of Detroit. She is an instructor of polarity therapy at the Polarity Center in Dearborn.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Teachers, Lecturers, Workshop Leaders

Anthony King, PhD is a Jewel Heart instructor who holds a PhD in Physiology and is also training as a clinical psychologist.

Carole Kirby, ACSW, has 25 years experience as a therapist and inspirational teacher. She is a certified Imago therapist, based on the work of Dr. Harville Hendrix, and specializes in work with couples and groups.

Cindy Klement is a Certified Nutritional Consultant, Certified Iridologist and Iridology Instructor, Certified Herbalist, Reiki Master and health educator in private practice since 1983.

Joe Kort is a psychotherapist in private practice since 1985 and specializes in Imago Relationship Therapy, based on the work of Dr. Harville Hendrix.

Laurie Krauth, MA, is a psychotherapist specializing in cognitive-behavioral approach to anxiety, Obsessive Compulsive Disorder and depression. She also sees couples and uses Eye Movement Desensitization Reprocessing for unresolved traumas.

Lucinda R. Kurtz is a graduate of the Barbara Brennan School of Healing and is a certified Hands of Light Energy Healer. She uses bioenergy, shamanic journeying and hands-on energy healing in her private practice.

Kirk Laman is a board certified cardiologist and physician and has practiced for 14 years.

Mary Ledvina is a massage therapist, occupational therapist and writer. She has been practicing bodywork since 1998 and trained with the Ohashi Institute, Health Enrichment Center and Upledger Institute.

Marianne Letasi is an artist (free lance and fine art photography), collector and special exhibition curator at Rivers Edge Gallery in Wyandotte.

Meredith Ley has a Masters in counseling and has completed post-graduate work in group facilitation. She has studied QiGong for the past four years.

Mary Light integrates somatic, energetic and natural therapeutics into her 12 year healing and teaching practice. She founded Gaia Center for Healing Arts and Studies in 1995.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Carl McColman is a writer, teacher and spiritual guide based in Atlanta, Georgia. He is author of seven metaphysical books and an ordained minister through Metaphysical Interfaith Church.

Jim McDonald has studied the art of herbcraft for over nine years. His teachings blend folk, indigenous and traditional western herbalism.

Ruth McDonell, IHM has had extensive experience in religious studies and curriculum development in Chicago and Detroit. She has recently retired from parish ministry.

Anita McKay, trained with psychic John Friedlander, does teaching and healing work on a referral basis.

Lynn Meadows is a certified Feng Shui consultant. She combines her background as a business manager and teacher of fashion and interior design to offer an approach to Feng Shui that integrates western culture.

Raymond A. Merriman is a financial markets analyst and president of the International Society of Astrological Research, as well as author of several books on financial astrology.

Michigan Mushroom Hunters Club is dedicated to educating the public about the edible, medicinal and poisonous mushrooms that are right in our own backyard. Nobody's died yet!

Siddiq and Sylvia Middlebrooks have studied the Sufi path of the heart for 20 years. Both are Certified Leaders of the Dances of Universal Peace. Siddiq is a teacher in the Sufi Ruhaniat esoteric school in the lineage of Pir-O-Murshid Hazrat Inayat Khan and Murshid Samuel L. Lewis.

Paul Militello is a professional drummer, drumming instructor and drum maker, and is a lifetime student of the drum, traveling into the traditions of Ancient Drum culture and returning to share knowledge, wisdom and empowerment of Drum Medicine.

Amata Miller, IHM is a national speaker in economics and has done extensive research on globalization.

Kathleen Moore has been singing, performing, teaching voice and using music therapy to help people more fully discover and express themselves for the past 15 years.

Susan Morales, MSW and co-owner of Bodies in Balance Studio, is a psychotherapist and Spinning instructor. She has practiced meditation for 13 years.

Vera Lucia Moura, a Brazilian shaman, received her MD degree in psychiatry and psychoanalysis and currently works at U of M Complementary and Alternative Medicine Research Center.

Rebecca Mullen, MSW, has had a long and successful career in counseling with a particular interest in dream interpretation as a means of self-understanding. She has been influenced by Gestalt, Jungian and Buddhist psychology, and by the work of Stanislov Grof.

Gabrielle Nagler, MA writes on food and diet. She is a graduate of the University of Toronto and McGill University. She is author of *The Diet Doctor's Wife's Cookbook* and co-author of *Doctor Nagler's Crash Diet.*

Kamil David Nash and Kathryn Kamilah Sweas have studied and practiced energetic healing for over 20 years, and are founders of School of Conscious Healing.

Lucie Nisson, ACSW has been a psychotherapist for over 30 years. Her specialty is combining spiritual experience with psychological knowledge and technique.

Claudia Ogden, HNC is a Certified Holistic Nurse and healing touch practitioner who teaches Yoga for Oakwood Health Systems.

Helen Oprysek, IHM has her Masters Degree in English from Marygrove College, Detroit. Her teaching career spanned over 40 years and is a published poet.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Genie Parker is a disciple of Sifu Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for 17 years.

Russill Paul brings over 30 years of musical experience and 15 years of systematic study and application of sound yoga practices from respected teachers in South India. He is currently a faculty member of Naropa University as well as Esalen and Omega Institutes.

Mark Perlmutter, DC has practiced chiropractic since 1987.

Aiji Pipho has studied Tai Chi and Qigong for 21 years with Master Gabriel Chin, and has taught for 11 years at U of M, Chelsea Hospital, Pfizer and other organizations. She is a certified Qigong Therapist with a private practice.

Carole A. Ray has been a student of astrology since 1971, a professional practitioner since 1984, and now consults regularly with clients from her Lansing practice.

Jesse Richards has been teaching voice and dance for the last 20 years. She teaches at Washtenaw Community College and is a professional recording artist.

Elaine Ries is a member and ritual priestess of the Fire Heart Coven in Toledo as well as a coven in Ann Arbor. She is also an ordained Interfaith minister.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

Anita Rubin-Meiller, MSW and ***Dawn McCalla***, MSW have been working in the fields of addiction and trauma for over 20 years.

Gail Rucker is a motivational teacher and facilitator of YogaMoves. She has over 30 years experience as a movement educator, is a Phoenix Rising Yoga Therapy practitioner as well as a student of Siddha Yoga Meditation.

Merilynne Rush and Mickey Sperlich of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

Photo by Neil Heidrich

Sandra Finkel is a meditation teacher and co-founder of the Jewel Heart Tibetan Buddhist Center. She is also a life coach who specailizes in stress reduction and work/ life balance.

Renee Rutz, NCTMB, RPP RCST, practices massage, polarity therapy and craniosacral therapy at CCMT of Ann Arbor and the Polarity Center in Dearborn.

Sally Rutzky holds an Introductory II Iyengar teaching certificate and has practiced yoga for 28 years.

Sacred Song is a local, multi-ethnic choral group that sings both acapella and with accompaniment on guitar, dulcimer, flute, keyboard and percussion.

Sue Salaniuk holds a Junior Intermediate III Iyengar teaching certificate and has practiced yoga for 25 years.

Darren Schmidt, DC, ND is a board-certified Naturopath with a doctorate in chiropractic using herbs, nutritional supplements, diet and energetic repatterning to help people improve their health. He has 5 years experience in private practice in Ann Arbor.

Eva Schoell, IHM has taught at Marygrove College, Detroit; DePaul University, Chicago and Jesuit Center for Spiritual Growth among others.

Seven Generations is a newly formed Pagan Community Center located in Ann Arbor, providing resources to the greater Pagan community of Michigan, including meeting, ritual and workshop space, on-line resources and public Pagan events.

Bharti Shah trained at the Yoga Institute, Mumbai, India and has taught yoga in the classical style in Ann Arbor for four years.

Shining Lakes Grove, Ann Arbor's branch of Ar nDraiocht Fein: A Druid Fellowship, works to revive practices of Indo-European ancestors suitable for our modern lives to promote personal, spiritual growth and greater communion with the Earth.

Shunguan Center for Intercultural Studies offers courses of study in the U.S., Ecuador, Peru and Bolivia. Students learn the ancient philosophy and practices of the Andes from Don Alberto Taxo.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth and postpartum.

Helen Slomovits has worked with the Artist's Way process since 1995 and has facilitated creativity groups since 1999.

and the Centers

Amanda Smith received a MFA in Medical and Biological Illustration from U of M and is a practicing homebirth midwife with a busy birth and postpartum doula practice since 1999.

Prema Smith, RN, has been an instructor at AAIMT for nine years, with over twenty years experience in massage therapy.

Richard Smoot has 32 years of astrological study, counseling and teaching experience. He is a Certified Astrologer Level IV, National Council for Geocosmic Research, and a professional member of other international astrological organizations. He is a registered Social Worker with the State of Michigan.

Solane has studied with Gangaji and Eli-Jaxon Bear. A social worker by training, she lives in Santa Fe with her husband, providing support to the homeless.

Songcatchers is a new, local, six-piece band with Kathy Moore, Jeanne Mackey, Don Allen, Dan Bilich, Tim Twiss and Laz Slomovits.

Barbara G. Stanbridge, IHM has had extensive training at the Gestalt Institute. She has a Master's Degree in Religious Studies from the University of Detroit as well as a Master's Degree in Human Resource Development from the American University in San Diego.

Ema Stefanova has taught yoga and meditation since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university, and is a Registered Yoga Alliance Teacher.

Judy Stone is the author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life*. She combines her background in psychotherapy, bioenergetic analysis and nutrition in her writing and clinical nutrition practice.

Margaret Szedenits is a graduate of Ann Arbor Institute of Massage Therapy, an instructor at AAIMT and maintains a private practice. She is President of the American Massage Therapy Association Michigan Chapter and is certified with the National Certification Board of Therapeutic Massage and Bodywork.

Don Alberto Taxo is a master Iachak (spiritual leader) from the Andes in Ecuador. He has addressed diverse audiences at universities, conferences and workshops in Ecuador and the U.S.

Stephanie Tighe, MSW is a shamanic practitioner, esoteric healing practitioner and Reiki Master. She presents workshops on shamanism in the U.S. and Canada and is co-founder of Pathways for Peace and Healing, a midwest non-profit devoted to spiritual healing and peace.

Gail Tola is a teacher and facilitator for classes for spiritual awakening. She has studied yoga, herbology, breath work, creative visualization and sound health using drum as voice.

Nancy Udow holds an Introductory II Iyengar teaching certificate and has practiced yoga for 19 years.

University Musical Society, a not-for-profit arts presenter, is in its 125th season. UMS hosts approximately 70 performances and more than 100 educational events each season in every genre of music, dance and theatre.

Julie Vieira, IHM is a member of the Sisters, Servants of the Immaculate Heart of Mary, has a masters degree in theology and teaches religious studies at the University of Detroit Mercy.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice, and has worked with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Wendy Warrick is a Feng Shui Practitioner consulting on homes, offices and places of spiritual practice. Her interpretation of Feng Shui evolved after 15 years experience working with homes from her interior design background.

Greg Weathers has beem practicing Reiki in a number of locales throughout southeastern Michigan.

Penny Weaver practices the new psychology of integration of mind, body and spirit. She is a Michigan LLP (Limited License Psychologist), hypnotist, Reiki Master, and teacher of meditation, Reiki, Shamballa and Sekhem-Seichim.

Lou Weir has studied meditation and psycho-dynamic exercises for over six years.

Joan Weisberg is certified for Chi-Lel Qigong instruction by Master Luke Chan, which she has practiced and taught for over eight years. She is also certified in Ortho-Bionomy and massage therapy.

Ann Welly, M.Ed. is a retired Human Values college professor and is certified in Jean Houston's Human Capacities program.

Michael Whitty, Ahua Budu Watkins and ***Margaret Dwyer*** have done workshops and conferences destined to enhance self-esteem, health, family, life and soul at work.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 23 years experience in the healing arts and 16 years teaching at massage schools in Washington D.C. and Ann Arbor. Reiki has been the focus of her work for the past ten years. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Sue Wilhelm trained for spiritual guidance from Shalem Institute of Spirituality in Bethesda, MD. She has experience as a teacher, Christian educator, missioner in Papua, New Guinea and retreat facilitator.

WHERE DO WE DISTRIBUTE *THE CRAZY WISDOM COMMUNITY JOURNAL?*

We publish 5,000 copies of each issue of *The Crazy Wisdom Community Journal*, and it is distributed free all over town! If you would like to have 25 to 50 copies of *The Community Journal* dropped off at your office or center, please let us know. Below is a list of places we drop off copies of *The Community Journal* when it's fresh from the printers. Since our publication covers a four-month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Co-op, Castle Remedies, Kerrytown Market, and Nicola's Books. Copies of the current issue of *The Community Journal* are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 or 3 months covered by each issue. After that, they're gone.

Distribution points:

Whole Foods Market * Castle Remedies * Crazy Wisdom
Ann Arbor Institute of Massage Therapy * N. Campus Commons *
Kerrytown Market * Nicola's Books * Peaceful Dragon School
Flaming Jewel * The Food Co-op * Sweetwater
Common Language * Shaman Drum * Ancient Formula
Michigan League * Michigan Union * Middle Earth
The Zen Temple * The Lighthouse Center * Martial Medicinal Way
Deep Spring Center * Jewel Heart
The offices of: Complete Chiropractic * Brodie Burris
Penny Weaver * Bioenergy Medical * Stephen McLean
Lorraine Coburn * Rob Koliner

Rebecca Williams handles program and education activities for a leading non-profit organization. She has a BS in psychology and advanced degrees in religion and holistic health. Rebecca has been reading tarot cards for 10 years.

Eve Wilson and Richard Marwood are full-time healer practitioners and trainers. Eve started the Healer Development Program in 1986. Richard has been a healer for 30 years.

Ryan R. Wilson has studied at naturopathic medical school and is a black sash in Kung Fu, Qi Gung and Ki Jutsu.

Lia Wiss, MA, has served as both a hospital and hospice chaplain. She is a certified seminar leader for the Spiritual Eldering Institute in Boulder, CO and for the Grief Recovery Institute in Los Angeles, CA.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher.

Lisa Wolf, MA, LLP, is Pathwork Helper and Psychotherapist. She is also a musician and a mother.

Robin Wood because interested in art at a very early age. An author and prolific artist, she has illustrated many book and magazine covers. She lives in the Midwest with her husband.

Chris Wucherer has over 20 years experience in business and life coaching, personal and professional counseling, family business consultation and teaching. She founded Center for Work and Life in 2003.

Wasentha Young is a master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 30 years of experience in her field, she lectures and educates on the benefits of TCC, Chi Kung and meditation as it relates to emotional, spiritual and physical wellbeing.

Kay Yourist has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

Karlta Zarley, RN, BS, has 22 years experience in preventative and holistic nursing care and is a student of Healing Touch. She has been in private practice for 5 years in Ann Arbor as a professional Patient Advocate, educator, healer and spiritual director.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and Geri Larkin and Nathaniel Needle, ordained Dharma teachers.

Lighthouse Center, Inc.

(Founded by Chetana Cathy Florida)

DIMENSIONS IN LIGHT

17th FESTIVAL

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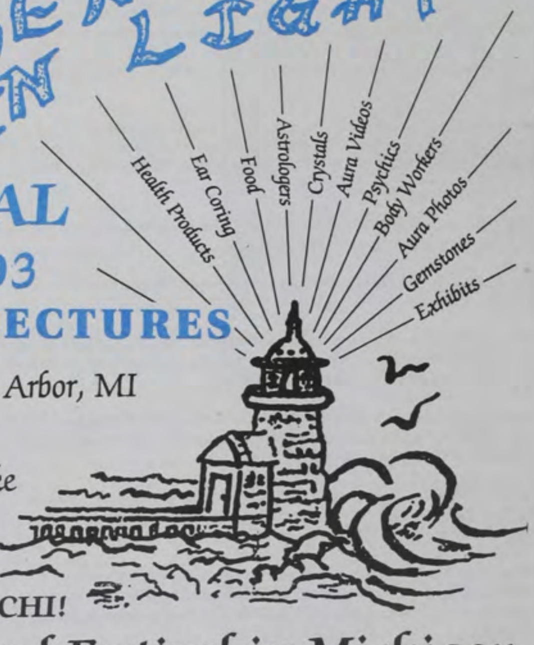

Second-Largest Metaphysical Festival in Michigan

A Gathering in Spirit

***Brenda Morgan**, PhD, Spiritual Catalyst & Mentor*

Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. As a Westerner, she shares in a simple and straightforward manner in the form of public gatherings, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work. She is constantly exploring how to communicate this transformation with Westerners who, like herself, have a connection with the world and wish to continue to interact with it as they spiritually evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

EVENING INTRODUCTION AND MEDITATION FOR THE GENERAL PUBLIC

September 11th and November 6th

7 - 8:15pm, *Love Offering*

(Held at Friends Meeting House, 1420 Hill Street, Ann Arbor)

FRIDAY EVENING SPIRITUAL SEMINARS AND MEDITATION:

August 15th: ***"Feeling Good and/or Feeling Spirit"***

October 10th: ***"Transformation and Change"***

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7 - 9pm, **$35** / person

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(each gathering is unique)

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